

SPIRITUAL HEALING MODALITIES



GUIDED SCRIPT MANUAL

- Includes: 110 Guided Imagery Scripts -
5 Original Scripts for Each of the Modalities Below!

- ◆ Hypnosis
- ◆ Breathwork Healing
- ◆ Holistic Health Practices
- ◆ Energy Psychology
- ◆ Nature-Based Healing
- ◆ Sound Healing
- ◆ Shamanic Healing
- ◆ Pendulum Healing
- ◆ Theta Healing
- ◆ Quantum Healing
- ◆ Spiritual Affirmations & Prayer
- ◆ Color Therapy (Chromotherapy)
- ◆ Emotional Release Techniques
- ◆ Mindfulness and Meditation
- ◆ Affirmations
- ◆ Mind-Body Connection
- ◆ Crystal Healing
- ◆ Aromatherapy
- ◆ Intuitive Healing
- ◆ Yoga and Energy Healing
- ◆ Akashic Records Reading
- ◆ Distance Healing



By Rene Bastarache, CI

Introduction:

The Spiritual Healing Script Manual is a comprehensive guide containing a rich collection of over 100 scripts focused on twenty-two methods of spiritual healing.

Each script is meticulously crafted to address different aspects of spiritual well-being, offering practitioners a versatile toolkit for facilitating healing on a profound level. From energy healing and chakra balancing to guided visualizations and affirmations, this manual covers a wide range of modalities designed to promote holistic healing and inner transformation.

Whether you're a seasoned healer or just beginning your spiritual journey, these scripts provide invaluable resources to support clients in their quest for healing, growth, and spiritual evolution.

Legal Disclaimer Notice:

The materials in this manual the author's opinions and understanding of hypnosis. Always be sure to work within your realm of practice. Medical or mental health scripts should only be conducted by licensed professional in those fields.

These scripts are meant to be used as tools to “complement” therapeutic support. Some will utilize NLP techniques to reframe the traumatic event. Be sure to read all scripts beforehand to decide if it's right for your client.

If you or someone you know is struggling with PTSD, consider seeking professional help from a mental health practitioner experienced in trauma therapy.

It is advised that “before” using any of these or any other scripts, that you *read through them in their entirety*. You should become familiar with them before using them on your clients so you're aware of their content, can alter parts as necessary and do not have any unexpected surprises.

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Please seek out the advice and permission of your physician before using any of our scripts of a medical, health or healing nature to ensure they are safe and acceptable to the user.

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Notice To Whom It May Concern:

If you find typographical errors in this book, I'd like you to realize that they are here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you

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About This Manual:

This is the most unique collection of Guided Imagery Scripts that we have ever created to this point.

We have taken 22 different modalities of healing and created 5 scripts on each topic to help you to expand and learn more about them.

Some scripts will be used in a hypnosis session as a traditional hypnosis script.

Some will be used as self-standing scripts as in meditations or Yoga.

Others can be used with the various modality tools such as pendulums, dousing tools, crystals, singing bowls and so on.

Each section will have a brief introduction before the scripts begin with additional information how to combine them with hypnosis or other modalities.

Be creative and see how you can use them in your practice and even with your family or friends.

I hope this manual will help to expand your thinking on what's available out there in the world to help each other. This is just a small list of 22 of the multiple modalities available for healing and helping others.

I wish you the best of success in using these scripts.

Rene

Chapter #1: Hypnosis

Introduction:

Hypnosis is a state of focused attention and heightened suggestibility that allows individuals to access the subconscious mind and make positive changes. Hypnosis scripts serve as guides for practitioners to lead clients into a hypnotic state and deliver therapeutic suggestions for various issues such as smoking cessation, weight loss, anxiety relief, and more.

Additional Information:

Practitioners should ensure they have proper training and certification in hypnosis techniques before using scripts with clients. They should also establish rapport and trust with clients to create a safe and supportive environment for hypnosis sessions.

Inner Child Healing Hypnosis for Emotional Wellness

By Rene Bastarache, CI

NOTE: Heal past emotional wounds and cultivate self-compassion and inner peace through regression therapy and inner child work.

SCRIPT STARTS HERE:

Feel the weight of your body sinking into the surface below you. Let go of any tension you may be holding onto, allowing your muscles to soften and your mind to become calm.

Now, imagine yourself in a serene, peaceful place. It could be a beautiful meadow, a tranquil beach, or a cozy cabin in the woods. Whatever feels safe and comforting to you. Take a moment to visualize this place in vivid detail, noticing the colors, textures, and sounds around you.

As you continue to breathe deeply, imagine a gentle, warm light surrounding you, wrapping you in a blanket of love and protection. Feel its soothing energy washing over you, filling you with a sense of peace and security.

Now, I want you to imagine yourself as a child, standing before you in this safe space. See yourself as you were at a young age, innocent and full of curiosity. Notice how you look, how you're dressed, and the expression on your face.

Take a moment to connect with your inner child, acknowledging their presence with love and compassion. Let them know that you are here to listen, to understand, and to heal.

Now, I want you to imagine a scene from your past where you felt hurt or wounded. It could be a specific event or a recurring pattern that caused you pain. Allow yourself to fully immerse in this memory, observing it from a place of detachment and compassion.

As you witness this scene, imagine reaching out to your younger self, offering them comfort and reassurance. Let them know that they are not alone, that you are here with them now, and that together, you will heal the wounds of the past.

Feel the emotions that arise within you, allowing yourself to fully experience them without judgment or resistance. As you breathe deeply, imagine releasing the pain and sadness stored within you, allowing it to dissolve into the loving light that surrounds you.

Now, imagine your inner child smiling back at you, feeling safe and loved in your presence. Take a moment to express gratitude for this connection, knowing that it is a powerful step towards healing and wholeness.

As you continue to breathe deeply, imagine integrating your inner child back into your being, allowing their innocence, joy, and creativity to infuse every aspect of your life. Feel yourself becoming whole and complete, embracing all parts of yourself with love and acceptance.

Know that you can return to this safe space whenever you need to connect with your inner child, to heal past wounds, and to cultivate emotional wellness.

Visualization Hypnosis for Goal Achievement

By Rene Bastarache, CI

NOTE: Harness the power of visualization and suggestion to achieve personal and professional goals with clarity and determination.

SCRIPT STARTS HERE:

Imagine yourself in a place where you feel calm, focused, and empowered. It could be a serene beach, a lush forest, or a peaceful meadow. Picture this place in vivid detail, noticing the colors, textures, and sounds around you.

There's a radiant light shining down upon you, filling you with warmth and energy. Feel this light enveloping you, infusing you with confidence and determination.

As you bask in the glow of this light, I want you to imagine your goals with absolute clarity. See them as if they have already been achieved, imagining every detail of your success. You're living your dream life, experiencing the fulfillment and joy that comes with reaching your goals.

Notice how it feels to accomplish your goals, both emotionally and physically. Allow yourself to savor these feelings of achievement, letting them fuel your motivation and drive.

Now, I want you to imagine yourself taking inspired action towards your goals. See yourself moving forward with purpose and conviction, overcoming any obstacles that may arise along the way. You are making progress each day, getting closer and closer to your ultimate vision of success.

As you continue to breathe deeply, I want you to repeat a series of affirmations to yourself silently or out loud:

"I am fully committed to achieving my goals."

"I have the skills and resources I need to succeed."

"I am worthy of all the success and abundance that comes my way."

"I am focused, determined, and unstoppable."

Feel the power of these affirmations resonating within you, reinforcing your belief in yourself and your ability to achieve anything you set your mind to.

Now, I want you to imagine yourself stepping into the future, looking back on this moment with pride and gratitude. See yourself celebrating your accomplishments, knowing that you had the courage and determination to turn your dreams into reality.

Continue to feel your success, feel a sense of deep gratitude welling up within you. Know that you have the power to create the life you desire, and that nothing can stand in your way.

Pain Management Hypnosis for Chronic Pain

By Rene Bastarache, CI

NOTE: Alleviate chronic pain and discomfort by accessing the subconscious mind to modulate pain perception and promote healing.

SCRIPT STARTS HERE:

Inhale deeply through your nose, allowing your abdomen to expand, and exhale slowly through your mouth, releasing any tension or stress with each breath. With each inhale and exhale, feel yourself becoming more relaxed, more at ease.

As you continue to breathe deeply, I want you to imagine yourself in a peaceful, serene place. It could be a quiet beach, a tranquil forest, or a cozy cabin in the mountains. Picture this place in vivid detail, noticing the sights, sounds, and sensations around you. Allow yourself to fully immerse in this peaceful environment, letting it wash over you like a gentle wave of relaxation.

Now, I want you to bring your awareness to the area of your body where you feel chronic pain. This pain is a tangible object, such as a ball of dark energy or a heavy weight. Notice its size, shape, and intensity. As you observe this pain, acknowledge any emotions or thoughts that arise without judgment.

Now, there is a warm, soothing light surrounding the area of pain. This light is penetrating deep into the affected area, melting away any tension or discomfort. Feel its healing energy gently easing the pain, bringing relief and comfort to your body.

As you continue to breathe deeply, I want you to repeat a series of affirmations to yourself silently or out loud:

"I am safe and supported."

"My body knows how to heal itself."

"I am stronger than any pain I may experience."

"I deserve to live a life free from suffering."

Feel the power of these affirmations resonating within you, reinforcing your belief in your body's ability to heal and overcome pain.

Now, I want you to imagine a dial in your mind's eye, labeled "Pain Perception." See this dial in front of you, and visualize yourself turning it down, gradually reducing the intensity of the pain. With each turn of the dial, feel the pain diminishing, replaced by a sense of calm and comfort.

As you continue to breathe deeply, imagine yourself surrounded by a healing energy, flowing through your body and promoting wellness and vitality. Feel this energy washing away any residual discomfort, leaving you feeling light, relaxed, and at peace.

Know that you have the power to manage your pain and promote healing from within. Whenever you need relief, you can return to this visualization, tapping into the power of your subconscious mind to alleviate discomfort and restore balance to your body.

When you are ready, gently open your eyes, bringing this sense of relaxation and well-being with you into your day. Take a moment to stretch and move your body, honoring the healing process you have initiated within yourself.

Deep Relaxation Hypnosis for Stress Relief

By Rene Bastarache, CI

NOTE: Induce a state of deep relaxation and release stress and tension from the body and mind through hypnotic suggestion.

SCRIPT STARTS HERE:

Take a slow, deep breath in through your nose, allowing your abdomen to expand fully, and then exhale slowly and completely through your mouth, releasing any tension or stress with each breath. Continue to breathe deeply and rhythmically, allowing each breath to take you deeper into a state of relaxation.

Now, I want you to imagine a staircase in your mind. This staircase has ten steps, and with each step you take, you will become more relaxed, more at ease. You are at the top of the staircase, feeling calm and peaceful.

With each count, take a step down the staircase, feeling yourself sinking deeper and deeper into relaxation.

Ten... Taking the first step down now, feeling your muscles beginning to relax.

Nine... Taking another step down, feeling the tension melting away from your body.

Eight... Deeper and deeper down now, feeling yourself becoming more and more relaxed with each step.

Seven... Allowing any remaining stress or tension to simply melt away.

Six... Halfway down now, feeling completely at ease and at peace.

Five... Continuing to descend, feeling light and weightless.

Four... Deeper and deeper into relaxation now, feeling calm and tranquil.

Three... Almost there now, feeling your mind and body completely at rest.

Two... Just one more step to go, feeling deeply relaxed and comfortable.

One... At the bottom of the staircase now, feeling completely relaxed, calm, and at peace.

Now, I want you to imagine yourself in a beautiful, serene place. It could be a peaceful beach, a tranquil forest, or a quiet meadow. Picture this place in vivid detail, noticing the sights, sounds, and sensations around you. Allow yourself to fully immerse in this peaceful environment, letting it wash over you like a warm wave of relaxation.

As you continue to breathe deeply, there is a warm, soothing light surrounding you. Feel this light penetrating deep into your body, melting away any remaining tension or stress. Feel its healing energy enveloping you, bringing you a profound sense of relaxation and tranquility.

Now, I want you to repeat a series of affirmations to yourself silently or out loud:

"I am calm and at peace."

"I release all stress and tension from my body and mind."

"I am worthy of relaxation and self-care."

"I deserve to feel deeply relaxed and at ease."

Feel the power of these affirmations resonating within you, reinforcing your belief in your ability to relax and let go of stress.

Know that you can return to this state of deep relaxation whenever you need to, simply by closing your eyes and focusing on your breath. Allow yourself to enjoy this feeling of tranquility for as long as you like.

Confidence-Building Hypnosis for Self-Esteem

By Rene Bastarache, CI

NOTE: Boost self-esteem and self-confidence through hypnotic techniques that instill positive beliefs and self-image.

[Begin by finding a comfortable position, either sitting or lying down, where you can fully relax. Take a moment to settle into your chosen position, allowing yourself to let go of any tension or distractions.]

Close your eyes and begin to focus on your breath. With each inhale, imagine breathing in a sense of calm and confidence, and with each exhale, imagine releasing any doubts or insecurities.

Now, I want you to visualize yourself standing in a serene and tranquil place in nature. It could be a peaceful meadow, a lush forest, or a quiet beach. Picture yourself surrounded by the beauty and serenity of this environment.

As you stand in this peaceful place, I want you to bring to mind a memory where you felt confident and self-assured. It could be a moment of success, a time when you felt proud of yourself, or a memory where you overcame a challenge. Take your time to fully immerse yourself in this memory, noticing all the details and sensations associated with it.

Now, imagine a warm, radiant light shining down upon you from above. This light represents your inner strength, confidence, and self-worth. Feel it enveloping you, filling you with a sense of empowerment and assurance.

As this light surrounds you, allow yourself to fully embody the feelings of confidence and self-assurance. Feel them spreading throughout your entire being, from the top of your head to the tips of your toes.

Now, I want you to visualize yourself stepping into the future, embodying the confident and self-assured version of yourself. See yourself navigating

through life with ease and grace, handling challenges with confidence and resilience.

Notice how it feels to be in this state of confidence and self-assurance, experiencing the freedom and empowerment that comes with believing in yourself.

As you continue to breathe deeply, I want you to repeat a simple mantra to yourself silently or out loud:

"I am confident and self-assured."

Feel the truth of this statement resonating within you, reinforcing your sense of self-worth and empowerment.

Know that you possess within you all the qualities you need to live a fulfilling and meaningful life. You are deserving of love, success, and happiness, simply by being who you are.

When you are ready, gently open your eyes, carrying with you the confidence and self-assurance you have cultivated within yourself.

Chapter #2: Mindfulness and Meditation

Introduction:

Mindfulness and meditation practices involve cultivating present-moment awareness and inner peace through focused attention and non-judgmental observation. These practices have been scientifically proven to reduce stress, improve emotional well-being, and enhance overall quality of life.

Additional Information:

Practitioners can incorporate mindfulness and meditation techniques into hypnosis sessions to deepen relaxation and promote self-awareness. Encouraging clients to develop a regular mindfulness or meditation practice outside of hypnosis sessions can complement their therapeutic journey and facilitate long-term benefits.

Body Scan Meditation for Stress Reduction

By Rene Bastarache, CI

NOTE: Cultivate mindfulness by scanning through the body, releasing tension, and promoting relaxation from head to toe.

SCRIPT STARTS HERE:

Take a slow, deep breath in through your nose, allowing your abdomen to expand fully, and then exhale slowly and completely through your mouth, releasing any tension or stress with each breath. Continue to breathe deeply and rhythmically, allowing each breath to anchor you in the present moment.

Now, let your attention gently shift to your feet. Notice any sensations present in this area of your body. Allow your awareness to rest on the soles of your feet, feeling the support of the ground beneath you. With each breath, sense any tension or tightness melting away, allowing your feet to relax completely.

Next, bring your focus to your ankles and lower legs. Tune into any sensations you may feel in this part of your body. Visualize a sense of warmth and relaxation spreading through your ankles, soothing any discomfort or tension. With each breath, feel your lower legs becoming lighter and more at ease.

Now, shift your attention to your knees and thighs. Notice any sensations present in this area. Imagine a gentle wave of relaxation washing over your knees and thighs, releasing any lingering tension. Allow your muscles to soften and unwind with each breath, allowing your knees and thighs to relax fully.

Moving upward, bring your awareness to your hips and pelvis. Take a moment to notice any sensations in this area. Feel a sense of grounding and stability as you connect with your pelvis and hips. With each breath,

imagine any tightness or discomfort dissolving, leaving you feeling grounded and centered.

Next, direct your attention to your abdomen and lower back. Notice any sensations present in this part of your body. Feel the rise and fall of your abdomen with each breath, allowing any tension to gently release. Visualize a sense of spaciousness and ease spreading through your abdomen and lower back.

Now, shift your focus to your chest and upper back. Tune into any sensations present in this area. Allow your breath to flow freely through your chest, expanding with each inhale and softening with each exhale. Feel a sense of openness and relaxation spreading through your chest and upper back.

Moving to your shoulders, arms, and hands, become aware of any sensations in these areas. Notice any areas of tension or tightness, and with each breath, allow your shoulders to drop away from your ears, your arms to feel heavy and relaxed, and your hands to soften and release.

Finally, bring your attention to your neck and throat. Notice any sensations present in this area. Visualize a sense of ease and freedom spreading through your neck and throat, allowing any tension to dissolve. Feel a gentle release as your neck and throat relax fully.

Take a moment to scan through your entire body, from head to toe, noticing how it feels to be fully relaxed and at ease. Allow yourself to savor this sensation of relaxation and calm.

Loving-Kindness Meditation for Emotional Well-Being

By Rene Bastarache, CI

NOTE: Cultivate compassion and empathy towards oneself and others through a practice of loving-kindness meditation.

SCRIPT STARTS HERE:

Take a slow, deep breath in through your nose, allowing your abdomen to expand fully, and then exhale slowly and completely through your mouth, releasing any tension or stress with each breath. Continue to breathe deeply and rhythmically, allowing each breath to anchor you in the present moment.

Now, I want you to bring to mind someone in your life who you care about deeply. It could be a friend, a family member, or a loved one. Visualize this person in your mind's eye, imagining them smiling and happy.

As you picture this person, begin to silently repeat the following phrases:

"May you be happy.
May you be healthy.
May you be safe.
May you be at peace."

Repeat these phrases several times, allowing yourself to truly feel the warmth and sincerity behind them. Imagine sending love and positive energy to this person, wishing them well-being and happiness in all aspects of their life.

Now, I want you to bring to mind someone who you have neutral feelings towards. It could be a coworker, an acquaintance, or someone you see regularly but don't know very well. Visualize this person in your mind's eye, imagining them going about their day.

As you picture this person, begin to silently repeat the same phrases:

"May you be happy.
May you be healthy.
May you be safe.
May you be at peace."

Again, repeat these phrases several times, allowing yourself to genuinely wish this person well, even if you don't have a strong emotional connection with them. Imagine sending kindness and compassion to them, knowing that they, too, deserve happiness and peace.

Now, I want you to bring your awareness back to yourself. Visualize yourself in your mind's eye, smiling and content. As you picture yourself, begin to silently repeat the same phrases:

"May I be happy.
May I be healthy.
May I be safe.
May I be at peace."

Repeat these phrases several times, allowing yourself to feel the love and compassion you are sending to yourself. Embrace yourself with kindness and acceptance, knowing that you deserve happiness and well-being just as much as anyone else.

Now, I want you to imagine extending this loving-kindness to all beings everywhere. Visualize the entire world bathed in a warm, golden light, filled with love, compassion, and empathy. As you hold this image in your mind, silently repeat the phrases:

"May all beings be happy.
May all beings be healthy.
May all beings be safe.
May all beings be at peace."

Repeat these phrases several times, allowing yourself to feel connected to all living beings, and wishing for their happiness and well-being as you do for yourself and those you care about.

Take a few moments to bask in the feeling of loving-kindness and compassion that surrounds you. Know that you can return to this practice whenever you need to, to cultivate a sense of emotional well-being and connection with yourself and others.

Breath Awareness Meditation for Mental Clarity

By Rene Bastarache, CI

NOTE: Focus on the breath as an anchor for the mind, cultivating presence, and clarity of thought in the present moment.

SCRIPT STARTS HERE:

As you continue to breathe deeply, bring your awareness to the sensation of the breath entering and leaving your body. Notice the feeling of the air passing through your nostrils as you inhale, and the sensation of your chest or abdomen rising and falling with each breath.

Allow your breath to be your anchor, bringing your attention back to the present moment whenever your mind starts to wander. Whenever you notice your thoughts drifting away, gently guide your focus back to the sensation of the breath.

As you continue to breathe deeply and mindfully, allow yourself to let go of any distractions or concerns from the outside world. Let this moment be a time for you to simply be present with your breath, allowing yourself to fully immerse in the experience of breathing.

Notice how your breath naturally begins to slow and deepen as you continue to focus on it. Feel a sense of calm and clarity washing over you with each breath you take, allowing your mind to become clear and focused.

As you continue to breathe mindfully, allow yourself to let go of any judgments or expectations about your meditation practice. Simply allow yourself to be present with your breath, accepting whatever thoughts or sensations arise without trying to change or control them.

Know that you can return to this practice of breath awareness whenever you need to, to cultivate mental clarity and presence in your everyday life.

Take a few more moments to simply be with your breath, enjoying the sense of peace and stillness it brings.

Nature Mindfulness Meditation for Connection

By Rene Bastarache, CI

NOTE: Connect with the natural world around you through mindful observation of the sights, sounds, and sensations of nature.

SCRIPT STARTS HERE:

Take a slow, deep breath in through your nose, allowing your abdomen to expand fully, and then exhale slowly and completely through your mouth, releasing any tension or stress with each breath.

Now, I want you to bring your awareness to the natural world around you. If you're outdoors, take in the sights, sounds, and sensations of nature. Notice the colors and shapes of the plants and trees, the movement of the clouds in the sky, and the feel of the earth beneath your feet. If you're indoors, focus on the view outside your window, taking in the beauty of the natural landscape.

As you continue to observe the natural world around you, allow yourself to become fully present in this moment. Notice the sounds of birds chirping, the rustle of leaves in the breeze, and the gentle flow of water in a nearby stream. Allow these sounds to wash over you, bringing a sense of peace and connection.

Now, let your attention shift to the sensations of your own body. Feel the warmth of the sun on your skin, the gentle caress of the breeze against your face, and the grounding sensation of the earth beneath you. Allow yourself to fully experience these sensations, connecting with the natural world on a physical level.

As you continue to breathe deeply and mindfully, allow yourself to let go of any distractions or concerns from the outside world. Let this moment be a time for you to simply be present with nature, allowing yourself to fully immerse in the experience of being outdoors.

Notice how your breath begins to synchronize with the rhythm of nature around you. Feel a sense of harmony and connection as you breathe in the fresh air and exhale any tension or stress. Allow yourself to be carried away by the beauty and serenity of the natural world, feeling a deep sense of peace and contentment wash over you.

Know that you can return to this practice of nature mindfulness whenever you need to, to reconnect with the natural world and find a sense of peace and grounding. Take a few more moments to simply be with nature, enjoying the sense of connection and tranquility it brings.

Mindful Eating Meditation for Nourishment

By Rene Bastarache, CI

NOTE: Bring awareness to the experience of eating, savoring each bite, and fostering a healthy relationship with food and nourishment.

SCRIPT STARTS HERE:

Start by taking a few deep breaths to center yourself and bring your attention to the present moment. Notice the sensations in your body and the thoughts in your mind as you prepare to eat.

Now, take a moment to look at your food. Notice the colors, textures, and shapes of the food on your plate. Take in the aroma of the food, allowing yourself to fully appreciate the nourishment that it provides.

As you pick up your utensils or use your hands to take a bite, take a moment to pause and express gratitude for the food in front of you. Recognize the effort that went into growing, harvesting, and preparing the food, and acknowledge the nourishment it will provide for your body.

With each bite you take, bring your full attention to the experience of eating. Notice the flavors and textures of the food as you chew, paying attention to how it feels in your mouth and how it makes you feel physically.

Take your time with each bite, chewing slowly and savoring the taste of the food. Allow yourself to fully experience the sensations of eating, without rushing or multitasking.

As you eat, pay attention to your body's signals of hunger and fullness. Notice how your body feels as you eat, and stop when you feel satisfied, rather than when your plate is empty.

If your mind starts to wander or you become distracted, gently bring your attention back to the present moment and the experience of eating. Take a few deep breaths to center yourself and refocus on the food in front of you.

Continue to eat mindfully, savoring each bite and fostering a healthy relationship with food and nourishment. Allow yourself to fully enjoy the experience of eating, knowing that you are nourishing your body and caring for yourself with each bite.

When you have finished your meal, take a moment to express gratitude for the nourishment you have received. Thank yourself for taking the time to eat mindfully and nourish your body.

Chapter #3: Breathwork Healing

Introduction:

Breathwork healing involves using specific breathing techniques to promote physical, emotional, and spiritual well-being. Techniques such as Breath of Fire and Kapalbhatai can help individuals release emotional blockages, reduce stress, and achieve a deeper state of relaxation. When combined with hypnosis, breathwork can enhance the therapeutic effects of sessions and support clients in achieving greater self-awareness and healing.

Additional Information:

Practitioners should guide clients in proper breathing techniques and encourage them to practice breathwork regularly to experience its full benefits. It's essential to create a safe and supportive environment for clients to explore their breath and emotions during sessions.

Stress-Relief Breathwork for Relaxation

By Rene Bastarache, CI

NOTE: rhythmic breathing techniques to release stress and tension from the body and promote deep relaxation.

SCRIPT STARTS HERE:

Take a slow, deep breath in through your nose, allowing your abdomen to expand fully, and then exhale slowly and completely through your mouth, releasing any tension or stress with each breath. Continue to breathe deeply and rhythmically, allowing each breath to anchor you in the present moment.

Now, I want you to bring your awareness to your breath. Notice the natural rhythm of your breathing, the rise and fall of your chest or abdomen with each inhale and exhale. Allow your breath to flow freely and effortlessly, without trying to control it in any way.

As you continue to breathe deeply, I want you to begin to introduce a pattern of breath that will help promote relaxation and stress relief. We'll use a technique called "4-7-8" breathing.

On your next inhale, breathe in deeply through your nose to a count of four... 1... 2... 3... 4...

Now, hold your breath for a count of seven... 1... 2... 3... 4... 5... 6... 7...

And now, exhale slowly and completely through your mouth to a count of eight... 1... 2... 3... 4... 5... 6... 7... 8...

Continue with this pattern of breath for a few more rounds, allowing each inhale to fill you with a sense of calm and relaxation, and each exhale to release any tension or stress from your body and mind.

As you continue to breathe in this way, allow yourself to let go of any thoughts or worries that may be occupying your mind. Focus only on the sensation of the breath entering and leaving your body, allowing it to guide you into a state of deep relaxation.

With each inhale, imagine breathing in a sense of peace and tranquility, filling your entire being with a warm, soothing energy. And with each exhale, imagine releasing any tension or stress that you may be holding onto, allowing it to melt away into the earth beneath you.

Continue with this breathwork practice for as long as feels comfortable, allowing yourself to sink deeper and deeper into a state of relaxation with each breath you take.

Energy-Boosting Breathwork for Vitality

By Rene Bastarache, CI

NOTE: Energy levels and vitality through invigorating breathwork practices that oxygenate the body and awaken the senses.

SCRIPT STARTS HERE:

I want you to bring your awareness to the natural rhythm of your breath. Feel the energy of each inhale filling your body with vitality and life force, and the release of each exhale purging any fatigue or sluggishness from your system.

As you continue to breathe deeply, I want you to begin to introduce a breathwork technique called "kapalabhati" or "skull-shining breath." This powerful breathwork practice helps to invigorate the body and awaken the senses.

To perform kapalabhati breath, start by taking a deep breath in through your nose, filling your lungs completely. Then, forcefully exhale through your nose, using your abdominal muscles to push the breath out in short, sharp bursts. Your inhale should be passive and your exhale active.

Continue with this rapid, forceful exhalation for about 20-30 repetitions, allowing each exhale to become a little more powerful than the last. Keep your focus on the sensation of energy moving through your body with each breath, awakening every cell and revitalizing your entire being.

After completing your last round of kapalabhati breath, take a moment to pause and observe the sensations in your body. Notice the tingling sensation of energy flowing through your limbs, and the heightened sense of alertness and vitality that fills you.

Now, transition into a more gentle and rhythmic breath, allowing your inhales and exhales to become slower and deeper. Take a few moments to

bask in the sensation of vitality and energy that fills you, knowing that you have just infused your body with renewed vigor and vitality.

Take a few more deep breaths, allowing yourself to fully integrate the effects of the energy-boosting breathwork practice. Feel the warmth and vitality spreading throughout your entire being, energizing you from the inside out.

Know that you can return to this practice of energy-boosting breathwork whenever you need to, to help increase your energy levels and awaken your senses.

Emotional Release Breathwork for Healing

By Rene Bastarache, CI

NOTE: Release pent-up emotions and trauma stored in the body through breathwork techniques that promote emotional catharsis and healing.

SCRIPT STARTS HERE:

I want you to bring your awareness to any emotions or sensations that may be present in your body. Notice if there are any areas of tension, discomfort, or numbness. Allow yourself to fully acknowledge whatever emotions or feelings arise, without judgment or resistance.

As you continue to breathe deeply, I want you to begin to introduce a breathwork technique called "connected breathing" or "conscious breathing." This technique involves breathing in a continuous and rhythmic pattern, without pausing between the inhale and exhale.

To perform connected breathing, simply breathe in through your nose and out through your mouth in a smooth and continuous motion. Allow each breath to flow seamlessly into the next, without any pauses or interruptions.

As you continue with this connected breathing pattern, allow yourself to fully surrender to the experience. Trust that your body knows how to release any pent-up emotions or trauma that may be stored within you, and allow the breath to guide you in this process.

With each inhale, invite in a sense of peace and acceptance. And with each exhale, allow yourself to release any emotions or trauma that no longer serve you. Imagine these emotions leaving your body with each breath, like dark clouds dissipating into the sky.

Continue with this connected breathing practice for as long as feels comfortable, allowing yourself to fully immerse in the process of emotional release and healing. Trust that whatever comes up is a natural and necessary part of your healing journey.

As you continue to breathe, you may notice sensations of warmth, tingling, or energy moving through your body. Allow yourself to fully embrace these sensations, knowing that they are a sign of the healing process unfolding within you.

Know that you can return to this practice of emotional release breathwork whenever you need to, to help release pent-up emotions, trauma, and stress from your body and mind.

Sleep-Inducing Breathwork for Insomnia

By Rene Bastarache, CI

NOTE: Calm the mind and prepare for restful sleep with breathwork practices designed to promote relaxation and induce sleepiness.

SCRIPT STARTS HERE:

Take a slow, deep breath in through your nose. Continue to breathe deeply and rhythmically, allowing each breath to anchor you in the present moment.

As you continue to breathe deeply, I want you to begin to introduce a breathwork technique called "4-7-8" breathing, a powerful relaxation technique that can help prepare your mind and body for restful sleep.

To perform 4-7-8 breathing, start by inhaling deeply through your nose to a count of four... 1... 2... 3... 4...

Now, hold your breath for a count of seven... 1... 2... 3... 4... 5... 6... 7...

And now, exhale slowly and completely through your mouth to a count of eight... 1... 2... 3... 4... 5... 6... 7... 8...

Continue with this pattern of breath for several rounds, allowing each inhale to fill you with a sense of calm and relaxation, and each exhale to release any tension or stress from your body and mind. Feel the rhythm of your breath lulling you into a state of deep relaxation and tranquility.

As you continue to breathe in this way, allow yourself to let go of any worries or concerns from the day. Let this be a time for you to unwind and prepare for restful sleep, knowing that you are giving yourself the gift of relaxation and rejuvenation.

With each inhale, imagine breathing in a sense of peace and serenity, filling your entire being with a warm, soothing energy. And with each exhale,

imagine releasing any tension or stress that you may be holding onto, allowing it to melt away into the darkness of the night.

Continue with this breathwork practice for as long as feels comfortable, allowing yourself to sink deeper and deeper into a state of relaxation with each breath you take. Trust that by calming your mind and body with your breath, you are setting the stage for a restful and rejuvenating night's sleep.

Allow yourself to fully embrace the experience, knowing that you are taking proactive steps towards improving your sleep and overall well-being. When you are ready, gently release the breathwork practice and allow yourself to drift off into a peaceful and restful sleep.

Grounding Breathwork for Anxiety Relief

By Rene Bastarache, CI

NOTE: Find calm and stability in moments of anxiety or overwhelm through grounding breathwork techniques that anchor you in the present moment.

SCRIPT STARTS HERE:

Take a deep breath and then exhale fully through your mouth, releasing any tension or stress with each breath.

I want you to bring your awareness to the sensation of your feet on the ground. If you're sitting, feel the contact between your feet and the floor beneath you. If you're lying down, feel the weight of your feet pressing into the surface below you.

As you continue to focus on your feet, visualize roots extending from the soles of your feet down into the earth below you. These roots anchor you firmly to the ground, providing stability and support in moments of anxiety or overwhelm.

With each inhale, imagine drawing up energy from the earth through your roots, filling your body with a sense of calm and grounding. And with each exhale, imagine releasing any tension or anxiety that you may be holding onto, allowing it to flow down through your roots and back into the earth.

Continue to breathe deeply and rhythmically, allowing the energy of the earth to flow through you with each breath. Feel yourself becoming more rooted and connected to the earth, like a sturdy tree swaying gently in the breeze.

As you continue with this grounding breathwork practice, allow yourself to let go of any worries or concerns from the past or future. Let this be a time for you to anchor yourself in the present moment, knowing that you are safe and supported by the earth beneath you.

With each inhale, feel the strength and stability of the earth filling you from the bottom of your feet to the top of your head. And with each exhale, feel any anxiety or tension melting away, leaving you feeling calm, centered, and grounded.

Continue with this breathwork practice for as long as feels comfortable, allowing yourself to fully embrace the experience of grounding and stability. Trust that by connecting with the earth in this way, you are building resilience and strength in the face of anxiety or overwhelm.

Chapter #4:

Emotional Release Techniques

Introduction:

Emotional release techniques encompass a variety of methods aimed at releasing pent-up emotions and trauma stored in the body and mind. These techniques, when used in conjunction with hypnosis, can facilitate profound healing by allowing clients to process and release unresolved emotions.

From guided visualization to somatic experiencing, practitioners have a range of tools at their disposal to support clients in their journey towards emotional freedom and well-being.

Additional Information:

Practitioners should approach emotional release techniques with sensitivity and empathy, ensuring clients feel supported and safe throughout the process. It's important to remind clients that emotional healing is a gradual and individualized journey, and to encourage them to practice self-care and self-compassion as they navigate their emotions.

Journaling for Emotional Expression

By Rene Bastarache, CI

NOTE: Use expressive writing as a tool for processing emotions, gaining insights, and promoting emotional release and healing.

SCRIPT STARTS HERE:

Take a few deep breaths, allowing yourself to arrive fully in the present moment. Feel the weight of your body on the chair or cushion beneath you, and the support of the earth beneath your feet.

Now, gently open your eyes and pick up your journal and pen. Take a moment to reflect on how you're feeling in this moment. Notice any emotions or sensations that may be present in your body, without judgment or analysis.

As you begin to write, give yourself permission to express whatever thoughts, feelings, or experiences come to mind. There are no right or wrong answers here, and no need to censor or edit yourself. Allow your words to flow freely onto the page, trusting that your journal is a safe and sacred space for you to express yourself fully and authentically.

You might choose to start by writing about a specific emotion or experience that's been on your mind lately. Explore how this emotion feels in your body, and how it's been showing up in your life. Notice any patterns or themes that emerge as you write.

Or, you might prefer to simply write stream-of-consciousness style, allowing your thoughts and feelings to spill out onto the page without any specific direction or agenda. Follow wherever your mind and heart lead you, trusting that your inner wisdom will guide you towards what needs to be expressed.

As you continue to write, notice any shifts or changes in your mood or energy. Pay attention to how your body feels as you put pen to paper, and

how your emotions may evolve as you give them space to be heard and acknowledged.

If you find yourself getting stuck or feeling overwhelmed, take a moment to pause and take a few deep breaths. Allow yourself to come back to the present moment, and then return to your writing with a renewed sense of clarity and focus.

As you come to the end of your journaling session, take a moment to reflect on what you've written. Notice any insights or revelations that have emerged through the process of writing. Acknowledge yourself for showing up and giving yourself the gift of emotional expression and self-reflection.

Know that you can return to your journaling practice whenever you need to, to process emotions, gain insights, and promote emotional release and healing. Your journal is always here for you as a trusted companion on your journey of self-discovery and growth.

When you're ready, gently close your journal and take a moment to thank yourself for the time and space you've devoted to your emotional well-being. Trust that by honoring your emotions and expressing yourself authentically, you are taking an important step towards healing and wholeness.

Body-Based Release Techniques for Stress Relief

By Rene Bastarache, CI

NOTE: Practice somatic experiencing or tension-release exercises to release physical tension and emotional stress stored in the body.

SCRIPT STARTS HERE:

I'd like you to bring your awareness to any areas of tension or discomfort in your body. Notice if there are any areas that feel tight, constricted, or held. These areas may be storing physical tension and emotional stress that is ready to be released.

As you continue to focus on your breath, begin to gently scan your body from head to toe, noticing any sensations that arise along the way. Pay special attention to any areas of tension or discomfort, and allow yourself to fully acknowledge and honor these sensations.

Once you've identified an area of tension or discomfort, I want you to begin to gently tense and release the muscles in that area. Start by tensing the muscles as tightly as you can for a few seconds, and then slowly and gradually release the tension, allowing the muscles to relax completely.

As you release the tension, imagine any stress or negative energy leaving your body with each exhale, like dark clouds dissipating into the air. Allow yourself to fully surrender to the process of release, knowing that you are creating space for healing and renewal within yourself.

Continue with this tension-release technique for as long as feels comfortable, moving through different areas of your body as needed. Trust that by releasing physical tension, you are also releasing emotional stress and promoting overall relaxation and well-being.

If you find that certain emotions or memories come up as you release tension in your body, allow yourself to fully experience and express these

feelings. Know that it's normal for emotions to arise during body-based release techniques, and that they are a natural and necessary part of the healing process.

As you come to the end of your body-based release practice, take a few moments to check in with yourself and notice how you feel. Notice any changes in your body, mind, or emotions, and allow yourself to fully embrace the sense of relaxation and ease that comes with releasing physical tension and emotional stress.

Know that you can return to these body-based release techniques whenever you need to, to help relieve stress, promote relaxation, and cultivate a greater sense of well-being in your life.

Creative Expression for Emotional Healing

By Rene Bastarache, CI

NOTE: Engage in creative activities such as art, music, or dance to express and transform emotions in a non-verbal and cathartic way.

SCRIPT STARTS HERE:

Take a few deep breaths, allowing yourself to arrive fully in the present moment. Feel the support of the ground beneath you, and the energy of the space around you. Allow yourself to let go of any expectations or judgments, and simply be open to the creative process.

Now, I want you to bring your awareness to your chosen creative activity. Whether it's painting, drawing, playing music, dancing, or any other form of creative expression, allow yourself to fully immerse in the experience.

As you begin your creative activity, let go of any need for perfection or control. Allow your intuition and inner guidance to lead the way, trusting that your subconscious mind knows exactly what needs to be expressed and transformed.

Let your emotions flow freely through your chosen medium, allowing them to take shape and form in whatever way feels most natural to you. If you're painting, allow the colors to flow onto the canvas in bold strokes and vibrant hues. If you're playing music, allow the notes to emerge from your instrument with raw emotion and passion.

If you're dancing, allow your body to move freely and spontaneously, expressing the energy of your emotions through movement.

As you engage in your creative expression, notice any shifts or changes in your mood or energy. Pay attention to how your emotions begin to transform and evolve as you give them space to be expressed in a non-verbal and cathartic way.

Allow yourself to fully surrender to the creative process, knowing that this is a safe and sacred space for you to express yourself fully and authentically. Trust that your creative expression has the power to heal and transform your emotions in profound and meaningful ways.

Continue with your creative activity for as long as feels comfortable, allowing yourself to fully embrace the experience of creative expression for emotional healing. Know that you can return to this practice whenever you need to, to process emotions, gain insights, and promote healing on your journey towards emotional well-being.

When you're ready to complete your creative expression session, take a moment to reflect on what you've created. Notice any insights or revelations that have emerged through the process of creative expression. Acknowledge yourself for showing up and giving yourself the gift of emotional healing through creativity.

Affirmation and Visualization for Trauma Healing

By Rene Bastarache, CI

NOTE: Affirmations with visualization techniques to reframe negative beliefs and memories, promoting healing and resilience.

SCRIPT STARTS HERE:

I want you to bring your awareness to any memories or beliefs associated with the trauma you've experienced. Notice any negative thoughts or emotions that arise as you bring these memories to mind, and allow yourself to fully acknowledge and honor these feelings.

As you continue to focus on your breath, I want you to begin to introduce affirmations into your awareness. Affirmations are positive statements that can help reframe negative beliefs and promote healing and resilience.

Choose one or more affirmations that resonate with you and your healing journey. These affirmations might focus on qualities such as strength, resilience, courage, or inner peace. For example:

"I am strong, resilient, and capable of healing."

"I trust in my ability to overcome adversity and thrive."

"I am worthy of love, compassion, and support."

"I release the past and embrace the present with compassion and forgiveness."

Repeat your chosen affirmations silently to yourself, allowing the words to sink into your subconscious mind. Visualize each affirmation as a powerful beacon of light, illuminating the dark corners of your mind and dispelling any lingering shadows of doubt or fear.

As you continue to repeat your affirmations, begin to visualize yourself stepping into a new reality—one where you are free from the grip of trauma and empowered to create the life you desire. See yourself moving forward

with confidence and grace, leaving behind the pain and suffering of the past.

Imagine yourself surrounded by love, support, and healing energy, as you journey towards wholeness and well-being. See yourself embracing life with joy and enthusiasm, knowing that you are worthy of all the love and abundance the universe has to offer.

Continue to repeat your affirmations and visualize your healing journey for as long as feels comfortable. Trust that by combining affirmations with visualization techniques, you are harnessing the power of your mind to promote healing and resilience in profound and meaningful ways.

When you're ready to complete your affirmation and visualization practice, take a moment to express gratitude for the healing and transformation that is unfolding within you. Know that you are on a path of healing and growth, and that you have the strength and resilience to overcome any obstacle that comes your way.

Energy Healing for Emotional Balance

By Rene Bastarache, CI

NOTE: Receive energy healing treatments such as Reiki or Healing Touch to balance the body's energy centers and facilitate emotional release and equilibrium.

SCRIPT STARTS HERE:

I'd like you to relax and to imagine a warm, soothing light surrounding you, enveloping you in a cocoon of healing energy. imagine this light entering your body with each inhale, filling you with a sense of peace, tranquility, and emotional balance.

As you continue to breathe deeply, you notice there's an energy healer standing beside you, gently placing their hands on or near your body. Feel the warmth and energy emanating from their hands as they begin to channel healing energy into your body and energy field.

Allow yourself to fully surrender to the healing process, trusting that the energy healer is guiding the energy to wherever it is needed most in your body and energy field. Notice any sensations that arise as the healing energy flows through you, such as tingling, warmth, or a sense of expansion.

As the energy healer works with you, imagine any areas of tension, imbalance, or emotional blockages being gently released and dissolved. Visualize these energies being transformed into pure light and love, allowing you to experience a deep sense of emotional release and equilibrium.

Allow yourself to be fully present with whatever emotions or sensations arise during the energy healing treatment. Know that it's normal to experience a range of emotions as stagnant energy is released and balance is restored.

As the energy healing treatment comes to an end, take a few moments to express gratitude for the healing energy that has been received. Thank the energy healer for their guidance and support, and thank yourself for showing up and being open to the healing process.

Take a few more deep breaths, allowing yourself to fully integrate the effects of the energy healing treatment. Notice how you feel emotionally, mentally, and physically, and allow yourself to bask in the sense of peace and balance that fills you.

Know that you can return to this state of emotional balance whenever you need to, simply by connecting with the healing energy within you. Trust that you are always supported and guided on your journey towards emotional well-being.

Chapter #5: Holistic Health Practices

Introduction:

Holistic health practices emphasize the interconnectedness of mind, body, and spirit in achieving overall well-being. Nutrition, exercise, self-care, and stress management techniques play integral roles in maintaining optimal health and supporting the body's natural healing processes.

When integrated into hypnosis sessions, holistic health practices can enhance the effectiveness of therapy by addressing clients' physical, emotional, and spiritual needs holistically.

Additional Information:

Practitioners should educate clients on the importance of holistic health practices and encourage them to adopt healthy lifestyle habits outside of hypnosis sessions. Providing resources and guidance on nutrition, exercise, and stress management can empower clients to take an active role in their healing journey and improve their overall quality of life.

Nutrition and Wellness Affirmations

By Rene Bastarache, CI

NOTE: Use affirmations focused on healthy eating habits, mindful nutrition, and nourishing the body with wholesome foods.

SCRIPT STARTS HERE:

Take a deep breath, allowing yourself to arrive fully in the present moment. Feel the support of the ground beneath you, and the gentle rise and fall of your breath as it flows in and out of your body.

Now, I want you to bring your awareness to your intention for practicing nutrition and wellness affirmations. Visualize yourself embracing healthy eating habits, making mindful choices, and nourishing your body with wholesome foods that support your overall well-being.

As you continue to breathe deeply, I want you to repeat the following affirmations silently to yourself, or you may choose to speak them out loud:

I nourish my body with wholesome foods that support my health and vitality.

I choose foods that energize and sustain me throughout the day.

I listen to my body's hunger and fullness cues, eating mindfully and with gratitude.

I honor my body's unique needs, finding balance and moderation in my diet.

I cultivate a positive relationship with food, free from guilt or restriction.

I savor each bite, fully experiencing the flavors and textures of the foods I eat.

I fuel my body with nutrient-rich foods that support my physical and mental well-being.

I prioritize self-care and nourishment, making time to prepare and enjoy healthy meals.

I trust my body's wisdom to guide me towards foods that nourish and sustain me.

I am grateful for the abundance of nourishing foods available to me, and I choose foods that honor my health and vitality.

Repeat these affirmations several times, allowing the words to sink into your subconscious mind. Feel the energy of each affirmation resonating within you, reinforcing your commitment to health and wellness.

As you continue to repeat the affirmations, visualize yourself embodying the qualities and habits described in each affirmation. See yourself making mindful choices at meal times, enjoying nourishing foods that support your well-being, and feeling energized and vibrant as a result.

Allow yourself to fully embrace the feelings of health, vitality, and abundance that these affirmations evoke within you. Know that by affirming these positive beliefs and intentions, you are aligning yourself with the energy of wellness and inviting greater health and vitality into your life.

When you're ready to complete your affirmations practice, take a few moments to express gratitude for the nourishing foods that sustain you, and for the opportunity

Exercise Motivation Hypnosis

By Rene Bastarache, CI

NOTE: Hypnotic suggestions to enhance motivation, enjoyment, and consistency in physical activity and exercise routines.

SCRIPT STARTS HERE:

Allow yourself to sink into a state of deep relaxation. Feel the tension melting away from your muscles with each exhale, leaving you feeling calm, centered, and at ease.

I want you to bring your awareness to your intention for enhancing motivation, enjoyment, and consistency in your exercise routine. imagine yourself feeling excited and enthusiastic about engaging in physical activity, and imagine yourself effortlessly sticking to your exercise routine with joy and enthusiasm.

As you continue to breathe deeply, I'm going to guide you through a series of hypnotic suggestions designed to enhance your motivation and enjoyment of exercise. Simply allow these suggestions to flow into your subconscious mind, trusting that they will have a positive and lasting impact on your exercise habits.

Imagine yourself stepping into a vivid and colorful scene where you're engaged in your favorite form of exercise. Whether it's running, swimming, dancing, or any other activity, feel the excitement and joy bubbling up within you as you move your body with ease and grace.

Notice how good it feels to be active and alive, and how each movement brings you closer to your health and fitness goals. Feel a sense of pride and accomplishment wash over you as you push past your limits and embrace the challenge of each workout.

You are surrounded by a supportive community of friends and fellow exercisers, cheering you on and celebrating your progress every step of the

way. Feel their positive energy and encouragement fueling your motivation and determination to succeed.

You are now returning from your exercise session feeling invigorated and energized, ready to take on whatever challenges the day may bring. Notice how your body feels strong, flexible, and full of vitality, and how your mind feels clear, focused, and at peace.

As you continue to enjoy the exercise and feeling motivated to stick to your routine, know that these positive feelings and attitudes are becoming deeply ingrained in your subconscious mind. You are creating a powerful foundation for lasting change and success in your fitness journey.

When you're ready to return to the present moment, I'm going to count from 1 to 5, and with each number, you will become more alert and awake.

1... Coming back now...

2... Feeling refreshed and rejuvenated...

3... Bringing back all the positive energy and motivation with you...

4... Almost fully awake now... and

5... Open your eyes, feeling motivated, energized, and ready to conquer your exercise goals.

Self-Care Mindfulness Meditation

By Rene Bastarache, CI

NOTE: Cultivate self-compassion, self-care, and stress reduction through mindful practices that promote holistic well-being.

SCRIPT STARTS HERE:

I want you to bring your awareness to the concept of self-care and self-compassion. imagine yourself surrounded by a warm and comforting light, enveloping you in a cocoon of love and support.

As you continue to breathe deeply, I'm going to guide you through a mindfulness meditation practice designed to cultivate self-compassion, self-care, and stress reduction.

Begin by bringing your attention to your body, noticing any areas of tension or discomfort. Take a moment to send love and compassion to these areas, allowing them to soften and relax with each exhale.

Now, shift your focus to your breath, observing the natural rhythm of your inhales and exhales. Notice how your breath moves in and out of your body with ease and grace, grounding you in the present moment.

As you continue to breathe mindfully, I want you to imagine yourself surrounded by a beautiful garden, filled with lush greenery, colorful flowers, and the soothing sounds of nature. Allow yourself to fully immerse in the sights, sounds, and sensations of this peaceful oasis.

With each inhale, imagine breathing in a sense of calm and relaxation, filling your entire being with a deep sense of peace. And with each exhale, imagine releasing any tension or stress that you may be holding onto, allowing it to dissolve into the earth beneath you.

As you continue to breathe and relax in this tranquil garden, I want you to take a moment to reflect on the importance of self-care in your life.

Acknowledge yourself for taking this time to nourish your mind, body, and spirit, and for prioritizing your well-being amidst the busyness of life.

Know that you deserve love, compassion, and care, and that you have the power to nurture yourself in meaningful and fulfilling ways. Trust that by cultivating self-compassion and self-care, you are creating a strong foundation for holistic well-being and resilience.

Sleep Hygiene Breathwork Healing

By Rene Bastarache, CI

NOTE: Breathwork techniques to promote relaxation, deep sleep, and restorative rest as part of a holistic approach to sleep hygiene.

SCRIPT STARTS HERE:

I'd like you to take a few deep breaths, allowing yourself to sink into a state of deep relaxation. Feel the tension melting away from your muscles with each exhale, leaving you feeling calm, centered, and ready for restorative rest.

As you continue to breathe deeply, I'm going to guide you through a series of breathwork techniques designed to promote relaxation, deep sleep, and restorative rest.

Begin by taking a long, slow inhale through your nose, allowing your abdomen to expand fully with each breath. Feel the cool, refreshing air filling your lungs, energizing your body and mind.

Now, exhale slowly and gently through your mouth, releasing any tension or stress that you may be holding onto. Feel the warm breath leaving your body, carrying away any worries or concerns with it.

Continue with this deep breathing pattern, inhaling deeply through your nose and exhaling slowly through your mouth. With each breath, feel yourself sinking deeper and deeper into a state of relaxation, as if you're drifting off into a peaceful slumber.

As you continue to breathe deeply, I want you to imagine yourself in a serene and tranquil setting, such as a cozy cabin in the woods or a peaceful beach at sunset. Allow yourself to fully immerse in the sights, sounds, and sensations of this peaceful oasis, feeling completely safe and at ease.

With each inhale, imagine drawing in a sense of calm and serenity from your surroundings, filling your entire being with a deep sense of peace. And with each exhale, imagine releasing any remaining tension or stress, allowing it to dissolve into the air around you.

As you continue to breathe and relax in this tranquil setting, know that you are preparing your body and mind for a restful and rejuvenating night's sleep. Trust that by practicing breathwork techniques regularly, you are supporting your overall sleep hygiene and promoting optimal health and well-being.

When you're ready to drift off into sleep, allow yourself to let go of any thoughts or worries, knowing that you are fully supported and cared for. Surrender to the embrace of sleep, knowing that you are deserving of restorative rest and rejuvenation.

Holistic Wellness Journaling

By Rene Bastarache, CI

NOTE: Journal prompts and reflective exercises to explore holistic wellness practices, track progress, and set intentions for health and well-being.

SCRIPT STARTS HERE:

Bring your awareness to your intention for practicing holistic wellness journaling. Visualize yourself embarking on a journey of self-discovery and self-care, exploring holistic practices that support your health and well-being on all levels – body, mind, and spirit.

As you continue to breathe deeply, I'm going to guide you through a series of journal prompts and reflective exercises designed to help you explore holistic wellness practices, track your progress, and set intentions for your health and well-being.

Prompt 1: Begin by reflecting on your current state of health and well-being. How do you feel physically, mentally, and emotionally? Are there any areas of your life where you're feeling out of balance or in need of support?

Take a few moments to jot down your thoughts and feelings in your journal, allowing yourself to be honest and open with yourself about where you're at right now.

Prompt 2: Next, I want you to think about the holistic practices that you're currently incorporating into your life. This could include things like exercise, nutrition, mindfulness, self-care activities, and spiritual practices.

Take some time to reflect on how these practices are serving you, and whether there are any areas where you could benefit from making adjustments or additions.

Prompt 3: Now, I want you to set some intentions for your holistic wellness journey. What are some specific goals or aspirations that you have for your

health and well-being? How do you envision yourself feeling and living when you're at your healthiest and happiest?

Write down your intentions in your journal, making them as clear and specific as possible. Feel free to include both short-term and long-term goals, and remember to be kind and compassionate with yourself as you work towards them.

Prompt 4: Finally, I want you to think about how you can incorporate more holistic wellness practices into your daily life. What are some small steps that you can take each day to support your health and well-being?

Consider things like creating a daily self-care routine, prioritizing time for exercise and movement, nourishing your body with wholesome foods, practicing mindfulness and meditation, and connecting with nature and community.

Write down your ideas and action steps in your journal, committing to taking consistent and intentional steps towards greater holistic wellness in your life.

As you come to the end of your journaling practice, take a moment to express gratitude for yourself for showing up and taking this time to invest in your health and well-being. Know that by practicing holistic wellness journaling regularly, you are taking an important step towards creating a life that feels vibrant, balanced, and deeply fulfilling.

Chapter #6: Affirmations

Introduction:

Affirmations are powerful tools used to reprogram the subconscious mind with positive beliefs and attitudes. When used in hypnosis, affirmations can amplify their effectiveness, allowing clients to overcome limiting beliefs and achieve their goals more effortlessly.

Additional Information:

Practitioners may find it helpful to guide clients in creating personalized affirmations that resonate with their specific needs and desires. Encouraging clients to repeat affirmations regularly outside of hypnosis sessions can also enhance their effectiveness.

Morning Affirmations for Self-Empowerment

By Rene Bastarache, CI

NOTE: Start your day with a powerful series of affirmations designed to ignite self-confidence, motivation, and positivity within you. By affirming your worth, abilities, and potential each morning, you set the tone for a day filled with self-empowerment and success.

SCRIPT STARTS HERE:

Begin by finding a comfortable seated position or standing tall with your feet firmly planted on the ground. Take a few deep breaths, allowing yourself to relax and center your energy.]

"As I begin this new day, I affirm my worth and value as a unique and capable individual. I am worthy of love, respect, and success in all areas of my life."

"I am confident in my abilities and trust in my inner strength to overcome any challenges that come my way. I am resilient, resourceful, and capable of achieving my goals."

"I embrace change and welcome new opportunities for growth and expansion. I trust that everything is unfolding in perfect divine timing for my highest good."

"I am worthy of all the blessings and abundance that the universe has to offer. I deserve to live a life filled with joy, prosperity, and fulfillment."

"I am surrounded by love and support from friends, family, and the universe. I am grateful for all the blessings in my life and open to receiving even more."

"I choose to focus on the positive and let go of negativity and self-doubt. I am worthy of success, happiness, and all the good things life has to offer."

"I am the master of my thoughts, feelings, and actions. I choose to cultivate a mindset of positivity, optimism, and self-belief each and every day."

"I am empowered to create the life of my dreams. I trust in my intuition and follow my heart's desires with courage and confidence."

"As I move through this day, I radiate positivity, strength, and self-assurance. I attract opportunities and experiences that align with my highest purpose."

"I am grateful for this new day and all the possibilities it holds. I embrace it with open arms and a heart full of love, knowing that I am worthy and deserving of all the good that comes my way."

Healing Affirmations for Physical Wellness

Morning Affirmations for Self-Empowerment

By Rene Bastarache, CI

NOTE: Use affirmations to support the body's natural healing processes and promote physical well-being and vitality.

SCRIPT STARTS HERE:

"As I affirm my physical wellness, I embrace my body's innate ability to heal and restore itself. I trust in the wisdom of my body to guide me towards optimal health and vitality."

"I am grateful for the miraculous workings of my body, from the beating of my heart to the intricate functions of my cells. I honor and respect my body as a sacred vessel of life."

"I am in perfect alignment with the natural rhythms of my body. I nourish myself with healthy foods, restorative sleep, and loving self-care practices that support my overall well-being."

"I release any tension, stress, or discomfort held within my body, allowing it to dissolve and dissipate with each breath I take. I am relaxed, at ease, and free from physical discomfort."

"I am vibrant, energized, and full of vitality. Every cell in my body radiates with health, strength, and vitality, supporting me in living my life to the fullest."

"I am worthy of vibrant health and well-being in all areas of my life. I deserve to experience life with vitality, joy, and abundance."

"I am open to receiving healing energy from the universe, allowing it to flow through me and nourish every aspect of my being. I am a magnet for health, wellness, and vitality."

"I honor my body's need for rest and rejuvenation, allowing myself to recharge and replenish my energy reserves. I prioritize self-care and listen to the signals my body sends me."

"I am grateful for the gift of physical wellness and vitality that I possess. I honor and cherish my body, treating it with love, respect, and gratitude each and every day."

"As I affirm my physical wellness, I send love and healing energy to every cell, organ, and system within my body. I am whole, healthy, and complete in body, mind, and spirit."

[Take a few moments to breathe deeply and feel the power of these affirmations resonating within you. Allow them to uplift and inspire you as you embrace a life of vibrant health and well-being.]

"As I go forth into this day, I carry these affirmations with me as a reminder of my inherent ability to heal and thrive. I trust in the wisdom of my body and am open to receiving the abundance of health and vitality that the universe has to offer."

Affirmations for Emotional Resilience

By Rene Bastarache, CI

NOTE: Empower yourself to cultivate emotional resilience and inner strength by affirming positive beliefs and attitudes, even in the face of challenges. These affirmations are designed to help you navigate through difficult emotions with grace, courage, and self-compassion.

SCRIPT STARTS HERE:

"I am capable of overcoming any challenge that comes my way. I trust in my ability to navigate through difficult emotions with grace and resilience."

"I acknowledge my emotions without judgment or resistance. I allow myself to feel what I feel, knowing that my emotions are valid and temporary."

"I choose to respond to challenges with courage and determination. I am resilient, adaptable, and capable of bouncing back from adversity."

"I cultivate a mindset of positivity and optimism, finding opportunities for growth and learning in every situation. I trust in the process of life and embrace its ups and downs with grace."

"I am worthy of love, support, and compassion, both from others and from myself. I treat myself with kindness and understanding, especially during times of struggle."

"I draw strength from within, tapping into the well of resilience that resides in my heart and soul. I am stronger than I know, and I rise above challenges with grace and poise."

"I surround myself with supportive and uplifting people who encourage me to be my best self. I am grateful for the love and support that surrounds me."

"I release the need for perfection and embrace my flaws and imperfections as part of what makes me human. I am enough, just as I am, and I am worthy of love and acceptance."

"I trust in the timing of my life and surrender to the flow of the universe. I know that everything happens for a reason, and even the toughest challenges serve to strengthen and empower me."

"I am a beacon of light and hope in the face of adversity. I inspire others with my resilience and courage, showing them that it is possible to overcome any obstacle with grace and determination."

[Take a few moments to breathe deeply and feel the power of these affirmations resonating within you. Allow them to uplift and inspire you as you navigate through life's challenges with resilience and grace.]

"As I go forth into this day, I carry these affirmations with me as a reminder of my inner strength and resilience. I trust in my ability to overcome any challenge that comes my way, knowing that I am supported and guided by the loving energies of the universe."

Affirmations for Mental Clarity and Focus

By Rene Bastarache, CI

NOTE: Elevate your mental clarity, concentration, and focus with affirmations designed to promote clear thinking and enhance cognitive function. These affirmations are crafted to help you sharpen your mind, stay present, and tackle tasks with clarity and purpose.

SCRIPT STARTS HERE:

"I am focused and present in this moment, fully engaged in the task at hand. My mind is clear, sharp, and ready to tackle any challenge with ease and confidence."

"I release any distractions or mental clutter, allowing my thoughts to become clear and organized. I am able to prioritize effectively and focus on what truly matters."

"I trust in my ability to concentrate and stay focused on my goals. I am determined, disciplined, and committed to achieving success in all areas of my life."

"I am open to new ideas and insights that lead to greater mental clarity and understanding. I welcome opportunities for growth and expansion in my thinking."

"I nourish my mind with positive thoughts and affirmations, fueling my mental clarity and focus. I am a magnet for creative ideas and innovative solutions."

"I trust in my intuition to guide me towards the right decisions and actions. I am in tune with my inner wisdom and rely on it to navigate through life with clarity and purpose."

"I am resilient in the face of challenges and setbacks. I remain calm and composed, knowing that I have the mental clarity and focus to overcome any obstacles that come my way."

"I prioritize self-care and mental well-being, recognizing the importance of rest, relaxation, and mindfulness in maintaining mental clarity and focus."

"I am capable of achieving my goals with clarity and precision. I break down complex tasks into manageable steps and approach them with confidence and determination."

"I am grateful for the gift of mental clarity and focus that allows me to live my life with purpose and intention. I honor and nurture my mind, knowing that it is the key to unlocking my fullest potential."

"As I go forth into this day, I carry these affirmations with me as a reminder of my inherent ability to think clearly and stay focused. I trust in my mind's capacity for clarity and precision, knowing that it is a powerful tool for achieving my goals and creating the life I desire."

Evening Affirmations for Relaxation and Sleep

By Rene Bastarache, CI

NOTE: As you wind down at the end of the day, treat yourself to affirmations focused on relaxation, peace, and deep restful sleep. These affirmations are designed to help you release tension, find inner calm, and prepare your mind and body for a night of rejuvenating rest.

SCRIPT STARTS HERE:

"As I prepare for sleep, I let go of the worries and concerns of the day. I surrender to this moment, allowing myself to fully relax and unwind."

"I am grateful for this opportunity to rest and recharge my mind, body, and spirit. I honor the need for sleep as a vital part of my overall well-being."

"I release any tension or tightness held in my body, allowing my muscles to soften and relax. I am at ease, both physically and mentally."

"I invite a sense of peace and tranquility to wash over me, filling my mind with calmness and serenity. I let go of any racing thoughts and surrender to the stillness of the night."

"I am surrounded by love and protection as I drift off to sleep. I trust in the universe to guide and support me through the night, keeping me safe and secure."

"I am deserving of deep, restful sleep each and every night. I embrace the opportunity to replenish my energy and awaken feeling refreshed and renewed."

"I allow my mind to slow down and my thoughts to become gentle and soothing. I am present in this moment, fully embracing the peace and quiet of the evening."

"I release any worries or anxieties about tomorrow, knowing that I am capable of handling whatever comes my way. I trust in my ability to navigate through life with grace and ease."

"I am surrounded by the healing energy of sleep, restoring balance and harmony to my mind, body, and spirit. I welcome the opportunity to drift off into a peaceful and restful slumber."

"As I sink deeper into relaxation, I am filled with a profound sense of gratitude and contentment. I am at peace with myself and the world around me, knowing that all is well."

"As I surrender to sleep, I carry these affirmations with me as a reminder of my inherent worthiness of rest and relaxation. I trust in the healing power of sleep to rejuvenate my mind, body, and spirit, allowing me to wake up feeling refreshed and renewed."

Chapter #7: Energy Psychology

Introduction:

Energy psychology encompasses a variety of techniques that work with the body's energy system to address emotional issues and promote healing. Techniques such as Emotional Freedom Techniques (EFT) or meridian tapping involve stimulating specific acupuncture points on the body to release emotional blockages and restore balance.

When integrated into hypnosis sessions, energy psychology techniques can complement traditional therapy approaches and offer clients additional tools for addressing emotional challenges.

Additional Information:

Practitioners should educate clients on the principles of energy psychology and explain how techniques like EFT or meridian tapping can support their healing journey. It's important to guide clients in proper technique and provide them with resources for practicing energy psychology outside of hypnosis sessions.

Emotional Freedom Techniques (EFT) for Stress Relief

By Rene Bastarache, CI

NOTE: Guided EFT tapping sequences to alleviate stress, anxiety, and overwhelm by tapping on meridian points.

SCRIPT STARTS HERE:

Close your eyes and bring your awareness to your breath. Notice the sensation of the air flowing in and out of your body, and allow yourself to relax with each exhale.

Now, I want you to think about a specific situation or issue in your life that is causing you stress, anxiety, or overwhelm. It could be a work-related deadline, a challenging relationship, or any other source of tension in your life.

As you think about this situation, notice how it makes you feel in your body. Pay attention to any physical sensations, emotions, or thoughts that arise as you tune into this stressor.

Now, let's begin the EFT tapping sequence to alleviate stress and bring a sense of calm and balance back into your body and mind.

Tap gently with two fingers on the karate chop point on the side of your hand, and repeat the following setup statement three times:

"Even though I feel stressed and overwhelmed by [describe the situation], I deeply and completely accept myself."

Now, tap on each of the following meridian points while repeating a reminder phrase related to your stressor:

Eyebrow (EB): "This stress and overwhelm."

Side of the Eye (SE): "Feeling so tense and anxious."

Under the Eye (UE): "All this stress in my body."

Under the Nose (UN): "I can feel it in my chest."

Chin (CH): "It's hard to relax."

Collarbone (CB): "But I choose to release this stress now."

Under the Arm (UA): "Letting go of tension and worry."

Top of the Head (TH): "I am calm and at peace."

Repeat this sequence three times, tapping on each point while focusing on your stressor and repeating the reminder phrases.

After completing the tapping sequence, take a few deep breaths and tune into your body once again. Notice any shifts or changes in how you feel physically, emotionally, and mentally.

If there is still any lingering stress or tension, you can repeat the tapping sequence or focus on specific aspects of your stressor that are still bothering you.

When you feel ready, take a moment to acknowledge yourself for taking this time to practice EFT tapping and support your well-being. Know that you have the power to alleviate stress and find peace within yourself, even in the midst of challenging situations.

Meridian Tapping Hypnosis for Emotional Healing

By Rene Bastarache, CI

NOTE: Combine hypnosis with meridian tapping techniques to access the subconscious mind and release emotional blocks and trauma.

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to arrive fully in the present moment. Feel the support of the ground beneath you, and the gentle rise and fall of your breath as it flows in and out of your body.

Now, I want you to bring your awareness to any emotions or experiences that are currently weighing on your heart and mind. Allow yourself to fully acknowledge and honor these feelings, knowing that you are in a safe and supportive space for healing.

As you continue to breathe deeply, I'm going to guide you through a meridian tapping hypnosis practice designed to access your subconscious mind and release emotional blocks and trauma.

Begin by tapping gently on the karate chop point on the side of your hand, and repeat the following setup statement three times:

"Even though I may be carrying emotional pain and trauma within me, I deeply and completely accept myself."

Now, as you continue to tap on the karate chop point, I want you to bring to mind a specific emotion or experience that you would like to release. It could be a past trauma, a painful memory, or any negative emotion that is holding you back.

As you hold this emotion or experience in your mind, notice where you feel it in your body. Pay attention to any physical sensations, emotions, or thoughts that arise as you tune into this aspect of yourself.

Now, I want you to begin tapping on the following meridian points, using two fingers on each point, while repeating a reminder phrase related to your emotion or experience:

Eyebrow (EB): "Releasing this pain and trauma."

Side of the Eye (SE): "Letting go of the past."

Under the Eye (UE): "I am safe and supported."

Under the Nose (UN): "Embracing healing and transformation."

Chin (CH): "I release what no longer serves me."

Collarbone (CB): "Opening myself to love and forgiveness."

Under the Arm (UA): "I am free from emotional burdens."

Top of the Head (TH): "I am whole, healed, and at peace."

Continue tapping on each point while repeating the reminder phrase, allowing yourself to fully release and let go of the emotional pain and trauma that you've been carrying within you.

As you tap and release, imagine yourself surrounded by a warm and loving light, enveloping you in a cocoon of healing energy. Feel this light washing away any remnants of pain and trauma, leaving you feeling cleansed, purified, and whole.

Now, I'm going to count from 5 to 1, and with each number, you will sink deeper into a state of profound relaxation and healing. 5... Sinking deeper now... 4... Allowing yourself to let go completely... 3... Feeling lighter and freer with each breath... 2... Almost there now... and 1... Fully relaxed and at peace.

Take a few moments to rest in this state of deep relaxation and healing, knowing that you have accessed your subconscious mind and released emotional blocks and trauma that were holding you back.

When you're ready to return to the present moment, slowly open your eyes, feeling refreshed, rejuvenated, and deeply aligned with your true self.

Mind-Body Connection Visualization

By Rene Bastarache, CI

NOTE: Visualization exercises to strengthen the mind-body connection, promote self-awareness, and facilitate emotional balance and healing.

SCRIPT STARTS HERE:

Close your eyes and allow yourself to relax deeply. Feel the gentle rhythm of your breath flowing in and out of your body, anchoring you in the present moment.

Now, I want you to bring your awareness to your body. Notice the sensation of your breath as it moves through your chest, filling you with life-giving energy. Feel the weight of your body supported by the surface beneath you, grounding you in the present moment.

As you continue to breathe deeply, I'm going to guide you through a visualization exercise designed to strengthen the mind-body connection, promote self-awareness, and facilitate emotional balance and healing.

Imagine that you are surrounded by a warm and comforting light, enveloping you in a cocoon of healing energy. With each inhale, feel this light entering your body, filling you with a sense of peace, calm, and well-being. And with each exhale, imagine releasing any tension or stress that you may be holding onto, allowing it to dissolve into the light around you.

Now, I want you to bring your awareness to different parts of your body, starting with your toes. Notice any sensations that arise as you focus on each area, without judgment or expectation. Simply observe whatever you notice, allowing yourself to be fully present in your body.

Continue to move your awareness upward, through your feet, ankles, calves, knees, thighs, and so on, until you reach the top of your head. Take your time with this process, allowing yourself to fully explore each area of your body with curiosity and compassion.

As you explore your body, notice any areas of tension or discomfort that arise. Instead of pushing these sensations away, I want you to imagine sending them love and compassion. Visualize them surrounded by the healing light, melting away with each breath, until you are left feeling completely relaxed and at ease.

Now, I want you to imagine a connection between your mind and body – a bridge of light that stretches from the top of your head to the tips of your toes. Visualize this bridge pulsating with energy, connecting you to the wisdom and intelligence of your body.

With each breath, imagine this connection growing stronger and more vibrant, allowing information to flow freely between your mind and body. Feel a sense of deep connection and harmony between the two, as they work together in perfect synergy to support your health and well-being.

Take a few moments to bask in this sense of unity and wholeness, knowing that you are deeply connected to yourself and the world around you. Feel gratitude for the incredible wisdom and intelligence of your body, and for the opportunity to strengthen the mind-body connection through visualization.

When you're ready to return to the present moment, slowly open your eyes, feeling refreshed, rejuvenated, and deeply connected to yourself and the world around you.

Energy Psychology Breathwork Integration

By Rene Bastarache, CI

NOTE: Integrate breathwork practices with energy psychology techniques to clear energetic blockages, restore balance, and promote emotional well-being.

SCRIPT STARTS HERE:

Close your eyes and allow yourself to relax deeply. Feel the gentle rhythm of your breath flowing in and out of your body, anchoring you in the present moment.

Now, I want you to bring your awareness to any areas of tension or discomfort in your body. Notice where you may be holding onto stress or energetic blockages, and allow yourself to fully acknowledge and honor these sensations.

As you continue to breathe deeply, I'm going to guide you through a breathwork and energy psychology integration practice designed to clear energetic blockages, restore balance, and promote emotional well-being.

Begin by taking a long, slow inhale through your nose, allowing your abdomen to expand fully with each breath. Feel the cool, refreshing air entering your body, filling you with vitality and life force energy.

Now, exhale slowly and gently through your mouth, releasing any tension or stress that you may be holding onto. Feel the warm breath leaving your body, carrying away any stagnant energy or emotional blockages with it.

Continue with this deep breathing pattern, inhaling deeply through your nose and exhaling slowly through your mouth. With each breath, imagine yourself drawing in fresh, cleansing energy, and releasing anything that no longer serves you.

As you continue to breathe deeply, I want you to bring to mind a specific emotion or experience that you would like to work with today. It could be a past trauma, a painful memory, or any negative emotion that is weighing on your heart and mind.

Now, as you hold this emotion or experience in your mind, I want you to imagine it as a ball of energy in your body. Notice where you feel it most strongly, and visualize it surrounded by a warm and loving light.

With each inhale, imagine breathing in healing energy, and directing it towards the area where you feel this emotion or experience in your body. And with each exhale, imagine releasing any energetic blockages or resistance, allowing the energy to flow freely and harmoniously.

Continue with this breathwork and visualization practice for as long as feels comfortable for you, allowing yourself to fully process and release any emotions or experiences that arise.

As you come to the end of your practice, take a moment to express gratitude for yourself for showing up and taking this time to support your emotional well-being. Know that by integrating breathwork practices with energy psychology techniques, you are creating a powerful tool for clearing energetic blockages, restoring balance, and promoting emotional healing.

Spiritual Affirmations and Energy Healing

By Rene Bastarache, CI

NOTE: Combine spiritual affirmations with energy healing modalities such as Reiki or Pranic Healing to align with divine energy and facilitate spiritual growth and transformation.

[Begin by finding a quiet and comfortable space where you can fully engage in your spiritual affirmations and energy healing practice. Sit or lie down in a comfortable position, and take a few deep breaths to center yourself.]

Close your eyes and allow yourself to relax deeply. Feel the gentle rhythm of your breath flowing in and out of your body, anchoring you in the present moment.

Now, I want you to bring your awareness to your heart center – the seat of your spiritual essence and connection to divine energy. Visualize a bright and radiant light glowing at the center of your chest, pulsating with love, wisdom, and healing energy.

As you continue to breathe deeply, I'm going to guide you through a practice of combining spiritual affirmations with energy healing modalities to align with divine energy and facilitate spiritual growth and transformation.

Begin by repeating the following spiritual affirmation silently or out loud:

"I am a vessel of divine light and love, connected to the infinite wisdom of the universe."

Feel the truth and power of these words resonating deep within your heart, igniting a sense of inner peace, clarity, and purpose.

Now, I want you to imagine a stream of golden light flowing down from the heavens above, enveloping you in a cocoon of divine energy. Feel this light

washing over you, cleansing away any stagnant energy or emotional blockages, and infusing you with a sense of purity and wholeness.

As you bask in the warmth and radiance of this divine light, I'm going to channel energy healing modalities such as Reiki or Pranic Healing to further enhance your spiritual connection and facilitate healing and transformation on all levels – body, mind, and spirit.

Imagine my hands gently moving over your body, intuitively sensing and clearing any areas of energetic imbalance or stagnation. Feel the subtle yet powerful energy flowing through my hands and into your body, restoring harmony and balance to your energetic system.

With each breath, allow yourself to surrender to the healing energy, trusting in the wisdom and guidance of the universe to support you on your spiritual journey. Know that you are deeply loved and supported by divine energy, and that you have the power to manifest your highest potential and greatest good.

As you continue to receive the healing energy, repeat the spiritual affirmation silently or out loud, allowing it to sink deep into your subconscious mind and plant seeds of transformation and empowerment.

"I am a vessel of divine light and love, connected to the infinite wisdom of the universe."

Continue to breathe deeply and soak in the healing energy for as long as feels comfortable for you, knowing that you are surrounded by love, light, and infinite possibilities.

Chapter #8: Mind-Body Connection

Introduction:

The mind-body connection refers to the intricate relationship between our thoughts, emotions, and physical health. Practices such as yoga, tai chi, and Qi Gong emphasize this connection and offer holistic approaches to healing that integrate movement, breath, and mindfulness.

When incorporated into hypnosis sessions, mind-body practices deepen the therapeutic experience, helping clients cultivate self-awareness, reduce stress, and enhance overall well-being.

Additional Information:

Practitioners should encourage clients to explore mind-body practices that resonate with them and incorporate them into their daily routine. Providing guidance on finding reputable teachers or classes in their area can support clients in establishing a regular mind-body practice outside of hypnosis sessions.

Yoga for Stress Reduction and Relaxation

By Rene Bastarache, CI

NOTE: Guided yoga sequences and breathwork practices to release tension, calm the mind, and promote relaxation and inner peace.

SCRIPT STARTS HERE:

Sit cross-legged at the top of your mat with your spine tall and your hands resting on your knees. Close your eyes and take a few deep breaths, allowing yourself to arrive fully in the present moment. Feel the support of the earth beneath you and the gentle rise and fall of your breath.

As you continue to breathe deeply, I'm going to guide you through a series of yoga poses and breathwork practices designed to release tension, calm the mind, and promote relaxation and inner peace.

Begin by coming into Child's Pose. Kneel on your mat with your big toes together and your knees apart. Sit back on your heels and extend your arms forward, resting your forehead on the mat. Take a few deep breaths here, allowing yourself to surrender to the earth and release any tension in your body.

From Child's Pose, come to your hands and knees into Tabletop position. Inhale as you arch your back and lift your gaze towards the ceiling for Cow Pose. Exhale as you round your spine and tuck your chin to your chest for Cat Pose. Flow between these two poses for a few breaths, allowing your movements to be slow and mindful.

From Tabletop position, tuck your toes under and lift your hips up and back into Downward Facing Dog. Pedal out your feet and gently sway your hips from side to side, releasing any tension in your legs and lower back.

Take a few deep breaths in Downward Facing Dog, allowing your chest to melt towards your thighs and your heels to sink towards the ground. Feel a sense of grounding and stability as you connect with the earth beneath you.

From Downward Facing Dog, step your right foot forward between your hands and rise up into Warrior I pose. Square your hips and shoulders towards the front of the mat, and reach your arms up towards the sky. Sink deep into your front knee, feeling a stretch in your hips and thighs.

Take a few deep breaths in Warrior I pose, allowing yourself to feel strong and empowered. Visualize any stress or tension melting away with each exhale, leaving you feeling grounded and centered.

From Warrior I pose, release your arms down to frame your front foot and step back into Downward Facing Dog. Take a few breaths here to reset and realign your body before repeating the sequence on the other side.

Continue to flow through the sequence at your own pace, moving mindfully and with intention. Allow yourself to let go of any expectations or judgments, and simply be present with your breath and your body.

As you come to the end of your practice, come to a comfortable seated position on your mat and close your eyes. Take a few moments to observe how you feel physically, mentally, and emotionally after your practice.

Notice any sensations or shifts in your body and mind, and allow yourself to savor the feeling of relaxation and inner peace that you've cultivated through your yoga practice.

When you're ready, gently open your eyes and bring your hands to your heart center in prayer position. Take a moment to express gratitude for yourself for showing up and taking this time to nurture your body, mind, and spirit.

Tai Chi for Balance and Harmony

By Rene Bastarache, CI

NOTE: Tai Chi movements and mindfulness practices to cultivate balance, coordination, and harmony between mind, body, and spirit.

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to arrive fully in the present moment. Feel the earth beneath your feet, supporting you and grounding you in the here and now.

Now, I want you to bring your awareness to your body – the vessel through which you will move and flow in this Tai Chi practice. Tune into any sensations, tension, or areas of tightness, and allow yourself to soften and release with each exhale.

As you continue to breathe deeply, I'm going to guide you through a series of Tai Chi movements and mindfulness practices designed to cultivate balance, coordination, and harmony between mind, body, and spirit.

Begin by gently raising your arms out to the sides and up towards the sky as you inhale, palms facing upwards. Allow your hands to meet overhead, bringing your palms together in prayer position. Feel a sense of openness and expansiveness as you reach towards the heavens.

Now, as you exhale, slowly lower your hands back down towards your sides, tracing a downward arc with your arms. Allow your palms to face downwards as you lower them, feeling a sense of grounding and connection with the earth beneath you.

Repeat this movement a few times, synchronizing your breath with your movement – inhaling as you raise your arms, and exhaling as you lower them. Allow yourself to move with grace and fluidity, flowing like water as you transition between each movement.

Next, I want you to shift your weight onto your right foot as you gently lift your left foot off the ground. Bring your left knee up towards your chest, holding it there for a moment before slowly extending your left leg out in front of you.

As you extend your left leg, allow your arms to float out to the sides, palms facing downwards. Feel a sense of balance and stability as you hold this position for a few breaths, engaging your core muscles to support your body.

Now, slowly lower your left foot back down to the ground, returning to your starting position. Take a moment to center yourself and connect with your breath before repeating the movement on the other side.

Continue to flow through these Tai Chi movements at your own pace, allowing yourself to move with mindfulness and intention. Focus on the quality of your movement rather than the quantity, and listen to your body as you explore each posture and transition.

With each movement, cultivate a sense of balance, coordination, and harmony between mind, body, and spirit. Feel yourself becoming more grounded, centered, and aligned with the flow of life.

As you come to the end of your Tai Chi practice, take a moment to stand tall and proud, feeling the strength and vitality coursing through your body. Bring your hands to your heart center in prayer position, and bow your head in gratitude for the opportunity to move and flow in harmony with the universe.

Qi Gong Meditation for Energy Cultivation

By Rene Bastarache, CI

NOTE: Qi Gong exercises and meditations to harmonize the flow of energy, enhance vitality, and promote holistic well-being.

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to settle into your body and the present moment. Feel the gentle rise and fall of your chest with each inhale and exhale, anchoring you in the here and now.

Now, I want you to bring your awareness to your Dan Tian – the energy center located just below your navel. Visualize a ball of warm, glowing energy at this center, radiating with vitality and life force.

As you continue to breathe deeply, I'm going to guide you through a series of Qi Gong exercises and meditations designed to harmonize the flow of energy, enhance vitality, and promote holistic well-being.

Begin by gently raising your arms out to the sides and up towards the sky as you inhale, palms facing upwards. Allow your hands to meet overhead, bringing your palms together in prayer position. Feel a sense of openness and expansiveness as you reach towards the heavens.

Now, as you exhale, slowly lower your hands back down towards your sides, tracing a downward arc with your arms. Allow your palms to face downwards as you lower them, feeling a sense of grounding and connection with the earth beneath you.

Repeat this movement a few times, synchronizing your breath with your movement – inhaling as you raise your arms, and exhaling as you lower them. Allow yourself to move with grace and fluidity, flowing like water as you transition between each movement.

Next, I want you to gently rotate your torso to the left, keeping your feet firmly planted on the ground. Allow your arms to follow the movement of your body, opening up your chest and heart center to the left side.

Take a few deep breaths in this twisted position, allowing yourself to feel a stretch along the side of your body and a release of tension in your spine. Visualize any stagnant energy or blockages being released and cleared away with each exhale, allowing the energy to flow freely throughout your body.

Now, slowly return to center and repeat the movement on the other side, gently rotating your torso to the right. Allow your arms to follow the movement of your body, opening up your chest and heart center to the right side.

Take a few deep breaths in this twisted position, allowing yourself to feel a stretch along the side of your body and a release of tension in your spine. Visualize any stagnant energy or blockages being released and cleared away with each exhale, allowing the energy to flow freely throughout your body.

Continue to flow through these Qi Gong movements at your own pace, allowing yourself to move with mindfulness and intention. Focus on the quality of your movement rather than the quantity, and listen to your body as you explore each posture and transition.

With each movement, cultivate a sense of harmony and balance within yourself, allowing the energy to flow freely and abundantly throughout your entire being. Feel yourself becoming more grounded, centered, and aligned with the flow of life.

As you come to the end of your Qi Gong practice, take a moment to stand tall and proud, feeling the strength and vitality coursing through your body. Bring your hands to your heart center in prayer position, and bow your head in gratitude for the opportunity to cultivate energy and well-being through this ancient practice.

Mindful Movement in Nature

By Rene Bastarache, CI

NOTE: Mindfulness practices combined with outdoor activities such as hiking, walking, or gardening to connect with nature and nurture the mind-body-spirit connection.

SCRIPT STARTS HERE:

I'd like you to take a deep breath, allowing the fresh air to fill your lungs and invigorate your senses. Feel the warmth of the sun on your skin and the gentle rustle of leaves in the breeze.

Now, as you begin your mindful movement in nature, I want you to bring your awareness to your breath. Notice how it flows effortlessly in and out of your body, syncing with the rhythm of the natural world around you.

With each inhale, imagine yourself drawing in the energy and vitality of nature, filling yourself with a sense of renewal and rejuvenation. And with each exhale, imagine releasing any tension or stress that you may be holding onto, allowing it to dissolve into the earth beneath you.

As you continue to breathe deeply, I'm going to guide you through a series of mindful movements and activities designed to connect with nature and nurture the mind-body-spirit connection.

Begin by taking a slow and deliberate walk along the path before you. Feel the earth beneath your feet, supporting you with each step. Notice the texture of the ground beneath you and the sensation of your muscles engaging as you move.

With each step, bring your awareness to the sights, sounds, and smells of the natural world around you. Notice the vibrant colors of the flowers blooming along the trail, the melodious songs of the birds in the trees, and the sweet fragrance of wildflowers carried on the breeze.

As you walk, allow yourself to move with grace and ease, flowing like a river through the landscape. Feel a sense of unity and connection with nature, knowing that you are an integral part of this beautiful tapestry of life.

Now, I want you to find a comfortable spot to pause and engage in a simple mindfulness practice, such as sitting meditation or mindful breathing. Find a quiet place to sit or lie down, and allow yourself to be fully present in the moment.

Close your eyes and take a few deep breaths, allowing yourself to settle into your body and the natural world around you. Feel the gentle rhythm of your breath as it flows in and out of your body, anchoring you in the present moment.

With each inhale, imagine yourself drawing in the healing energy of nature, filling yourself with a sense of peace and tranquility. And with each exhale, imagine releasing any worries or distractions that may be weighing on your mind, allowing them to dissolve into the vast expanse of the natural world.

Continue to breathe deeply and mindfully, allowing yourself to be fully present with whatever arises in this moment. Embrace the beauty and serenity of nature, knowing that you are deeply connected to the earth and all living beings.

As you come to the end of your mindful movement in nature practice, take a moment to express gratitude for the opportunity to connect with the natural world and nurture your mind-body-spirit connection.

Holistic Wellness Affirmations

By Rene Bastarache, CI

NOTE: Affirmations focused on holistic wellness, balance, and harmony in mind, body, and spirit, promoting a sense of wholeness and well-being.

SCRIPT STARTS HERE:

Allow yourself to relax deeply. Feel the gentle rise and fall of your chest with each breath, grounding you in the present moment.

Now, I invite you to repeat the following affirmations silently or out loud, allowing their words to resonate deeply within you:

I honor my body as a temple of wellness, treating it with love, care, and respect.

I nourish myself with wholesome foods, hydrating my body and fueling it with vitality and energy.

I embrace movement and exercise as a celebration of my body's strength, flexibility, and resilience.

I listen to the whispers of my soul, tuning into my inner wisdom and intuition for guidance and direction.

I cultivate peace and stillness in my mind, releasing worry, doubt, and fear with each exhale.

I practice self-love and self-compassion, showering myself with kindness, forgiveness, and acceptance.

I embrace the interconnectedness of mind, body, and spirit, nurturing each aspect of myself with care and intention.

I seek balance and harmony in all areas of my life, honoring the ebb and flow of energy within and around me.

I am a co-creator of my own wellness journey, empowering myself to make conscious choices that support my highest good.

I radiate with the vibrant energy of holistic wellness, embodying a sense of wholeness, vitality, and well-being.

Allow these affirmations to sink deep into your subconscious mind, planting seeds of positivity, empowerment, and transformation. Know that you are worthy of holistic wellness, balance, and harmony in mind, body, and spirit.

Take a few moments to bask in the energy of these affirmations, allowing yourself to feel uplifted, inspired, and empowered by their truth. Know that you have the power to create a life of wholeness and well-being, one affirming thought at a time.

Chapter #9:

Nature-Based Healing Practices

Introduction:

Nature-based healing practices harness the healing power of the natural world to promote physical, emotional, and spiritual well-being. Activities such as forest bathing, ecotherapy, or spending time in nature connect individuals with the Earth's energy, reduce stress, and foster a sense of peace and connection.

When integrated into hypnosis sessions, nature-based practices enhance the therapeutic experience, allowing clients to tap into the restorative qualities of the outdoors and deepen their healing journey.

Additional Information:

Practitioners should encourage clients to spend time in nature regularly, whether through walks in the park, hikes in the woods, or gardening. Encouraging clients to cultivate a deeper connection with nature and observe its beauty and healing effects can enhance their overall well-being and resilience.

Forest Bathing Meditation

By Rene Bastarache, CI

NOTE: Guided meditation to immerse in nature, connect with the healing energies of the forest, and promote relaxation, rejuvenation, and inner peace.

SCRIPT STARTS HERE:

Listen to the gentle rustle of leaves in the breeze, the soothing chirping of birds, and the distant murmur of flowing water. Feel the earth beneath you supporting you, grounding you in the present moment.

As you continue to breathe deeply, I'm going to guide you through a meditation designed to immerse you in the healing energies of the forest and promote relaxation, rejuvenation, and inner peace.

Begin by bringing your awareness to your breath. Notice the sensation of air flowing in and out of your body, filling you with life-giving oxygen and vitality. With each inhale, imagine drawing in the pure, healing energy of the forest. And with each exhale, imagine releasing any tension, stress, or negativity, allowing it to dissolve into the earth beneath you.

Now, I want you to visualize yourself surrounded by a soft, golden light. This light represents the healing energies of the forest, enveloping you in a cocoon of warmth, love, and tranquility. Feel the soothing energy of the forest washing over you, calming your mind, relaxing your body, and nurturing your spirit.

As you bask in the gentle glow of this healing light, I invite you to explore your surroundings with your inner senses. Feel the texture of the earth beneath your fingertips, the coolness of the breeze against your skin, and the gentle caress of sunlight filtering through the trees.

Now, allow your awareness to expand beyond your physical body and merge with the natural world around you. Feel yourself becoming one with

the forest, connected to every tree, plant, and creature that calls this sacred place home. Sense the ancient wisdom and healing power of the forest flowing through you, infusing you with vitality and strength.

Take a few moments to simply be present with the energy of the forest, allowing yourself to drink in its beauty and majesty. Let go of any thoughts or distractions, and surrender to the peace and serenity that surrounds you.

As you come to the end of this forest bathing meditation, take a moment to express gratitude for the healing energies of the forest and the profound connection you share with the natural world.

Ecotherapy Mindfulness Walk

By Rene Bastarache, CI

NOTE: Mindful walking practice in natural settings to awaken the senses, foster connection with the earth, and promote grounding and well-being.

[Begin by finding a quiet and natural setting where you can fully engage in your ecotherapy mindfulness walk. It could be a forest trail, a beach, a park, or any outdoor environment that speaks to you. Take a moment to stand still and ground yourself, feeling the earth beneath your feet.]

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to become fully present in this moment. Feel the gentle rhythm of your breath anchoring you in the here and now. With each inhale, draw in the fresh air and vitality of nature. And with each exhale, release any tension or stress that you may be carrying, allowing it to dissipate into the earth.

Now, as you begin your mindfulness walk, I invite you to open your eyes and take in your surroundings with a sense of wonder and curiosity. Notice the colors, shapes, and textures of the natural world around you. Observe the intricate patterns of leaves, the play of light and shadow, and the subtle movements of plants and animals.

As you continue to walk, allow your senses to come alive to the beauty and magic of the earth. Feel the warmth of the sun on your skin, the cool breeze on your face, and the earthy scent of damp soil and greenery. Listen to the symphony of sounds around you – the chirping of birds, the rustling of leaves, and the gentle flow of water.

With each step, bring your awareness to the sensations in your body – the feeling of your feet making contact with the earth, the rhythm of your breath, and the subtle shifts in your posture and balance. Allow yourself to move with grace and intention, flowing like water through the landscape.

As you walk, I invite you to engage in a practice of gratitude and appreciation for the natural world. Take a moment to express gratitude for the air you breathe, the water you drink, the food you eat, and the beauty that surrounds you. Cultivate a sense of reverence and respect for the earth and all its inhabitants, knowing that you are part of a larger web of life.

As you come to the end of your mindfulness walk, take a moment to pause and reflect on your experience. Notice how you feel physically, mentally, and emotionally after spending time in nature. Allow yourself to savor the sense of peace, connection, and well-being that comes from immersing yourself in the natural world.

When you're ready, slowly bring your awareness back to your surroundings and begin to gently transition back to your daily life. Carry the energy of your ecotherapy mindfulness walk with you, knowing that you can return to nature whenever you need to ground yourself, find solace, and reconnect with the earth.

Nature Connection Breathwork

By Rene Bastarache, CI

NOTE: Breathwork techniques practiced outdoors to deepen connection with nature, balance the energy body, and enhance vitality and resilience.

[Begin by finding a quiet and natural setting where you can fully immerse yourself in the beauty of the outdoors. It could be a forest glade, a meadow, a beach, or any natural environment that speaks to you. Take a moment to stand still and ground yourself, feeling the earth beneath your feet.]

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to become fully present in this natural setting. Feel the gentle rhythm of your breath anchoring you in the here and now. With each inhale, draw in the fresh air and vitality of nature. And with each exhale, release any tension or stress that you may be carrying, allowing it to dissipate into the earth.

Now, as you continue to breathe deeply, I invite you to bring your awareness to the sights, sounds, and sensations of the natural world around you. Notice the vibrant colors of the foliage, the gentle rustle of leaves in the breeze, and the warmth of the sun on your skin. Allow yourself to fully immerse in the beauty and serenity of nature.

As you continue to breathe deeply, I'm going to guide you through a series of breathwork techniques designed to deepen your connection with nature, balance your energy body, and enhance your vitality and resilience.

Begin by taking a slow and deliberate inhale through your nose, allowing the breath to fill your lungs completely. Feel the energy of the earth rising up through the soles of your feet, grounding you and anchoring you in this present moment.

Now, as you exhale, imagine releasing any stagnant or negative energy from your body, allowing it to flow down into the earth like roots of a tree.

Feel yourself becoming lighter and more energized with each breath, as you release anything that no longer serves you.

Continue to breathe deeply and rhythmically, allowing yourself to synchronize your breath with the natural rhythms of the earth. With each inhale, draw in the energy of the sun, the wind, and the elements, filling yourself with vitality and strength. And with each exhale, release any tension or resistance, allowing yourself to surrender fully to the flow of life.

As you continue to breathe in this way, allow yourself to feel a deep sense of connection and oneness with nature. Feel the energy of the earth pulsing through your veins, reminding you that you are part of something greater than yourself.

Take a few moments to simply be present with your breath and your connection to nature, allowing yourself to bask in the beauty and serenity of this moment. Know that you can return to this practice whenever you need to ground yourself, balance your energy, and enhance your vitality and resilience.

When you're ready, gently open your eyes and take one final deep breath, feeling refreshed, rejuvenated, and deeply connected to the natural world around you.

Nature-Based Wellness Journaling

By Rene Bastarache, CI

NOTE: Reflective journal prompts and exercises inspired by nature to cultivate gratitude, presence, and connection with the natural world.

[Begin by finding a quiet and peaceful spot in nature where you can sit comfortably with your journal and pen. It could be a park bench, a quiet corner of a garden, or a peaceful spot by a stream. Take a moment to settle into your surroundings and connect with the beauty of the natural world around you.]

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to fully arrive in this moment. Feel the earth beneath you supporting you, grounding you in the here and now. With each inhale, draw in the fresh air and vitality of nature. And with each exhale, release any tension or stress that you may be carrying, allowing it to dissipate into the earth.

Now, as you open your eyes, I invite you to bring your awareness to your journal and pen. These tools will be your companions on a journey of self-discovery and connection with nature. Allow yourself to approach this practice with an open heart and a curious mind, ready to explore the depths of your soul and the beauty of the natural world.

As you begin your nature-based wellness journaling practice, I invite you to reflect on the following prompts and exercises inspired by nature. Feel free to write freely and openly, allowing your thoughts and feelings to flow onto the page without judgment or expectation.

Take a moment to observe your surroundings and describe what you see, hear, smell, and feel. Notice the colors, shapes, and textures of the natural world around you. What aspects of nature are most captivating to you in this moment?

Reflect on a recent experience in nature that left a lasting impression on you. What emotions did you experience during this time? How did being in nature make you feel physically, mentally, and emotionally?

Consider the cycles of nature – the changing seasons, the rising and setting of the sun, the ebb and flow of the tides. How do these cycles mirror the rhythms of your own life? What lessons can you learn from nature's wisdom and resilience?

Think about a specific aspect of nature that you feel drawn to – whether it's a particular tree, flower, animal, or landscape. What qualities does this aspect of nature possess that resonate with you on a deeper level? How can you incorporate these qualities into your own life?

Spend some time simply being present in nature, observing the beauty and serenity that surrounds you. Allow yourself to let go of any worries or distractions, and simply be in this moment. What insights or revelations arise when you allow yourself to be fully present with nature?

As you continue to explore these prompts and exercises, remember to approach your journaling practice with an open heart and a sense of gratitude for the natural world. Know that by connecting with nature in this way, you are nurturing your soul, fostering a deeper sense of connection, and cultivating a greater appreciation for the beauty and wonder of life.

Sacred Nature Affirmations and Prayer

By Rene Bastarache, CI

NOTE: Spiritual affirmations and prayers offered in natural settings to honor the sacredness of nature and receive guidance, healing, and inspiration.

[Begin by finding a serene and sacred spot in nature where you can fully connect with the beauty and energy of the natural world. It could be a quiet grove of trees, a peaceful meadow, or a tranquil shoreline. Take a moment to stand still and ground yourself, feeling the earth beneath your feet.]

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to become fully present in this sacred space. Feel the gentle rhythm of your breath anchoring you in the here and now. With each inhale, draw in the sacred energy of nature. And with each exhale, release any worries or distractions, allowing them to dissolve into the earth.

Now, as you open your heart to the energy of nature, I invite you to offer spiritual affirmations and prayers that honor the sacredness of the natural world and invite guidance, healing, and inspiration.

[Pause for a moment of silence, allowing each affirmation and prayer to resonate deeply within you.]

"I honor the sacredness of nature and recognize the divine presence that surrounds me in every tree, flower, and blade of grass."

"I open my heart to the wisdom of the earth, trusting that nature holds the answers to my deepest questions and desires."

"I offer gratitude for the beauty and abundance of the natural world, knowing that every breath I take is a gift from the earth."

"I surrender to the healing energy of nature, allowing its gentle embrace to soothe my body, mind, and spirit."

"I am one with the earth, connected to all living beings in a sacred web of life. May my actions honor this interconnectedness and bring harmony to the world."

"I listen to the whispers of the wind, the songs of the birds, and the murmurs of the stream, knowing that nature speaks to me in a language of love and truth."

"I offer prayers of healing and renewal to the earth, sending waves of love and light to every corner of the globe."

"I walk gently upon the earth, leaving behind only footsteps of kindness, compassion, and respect."

"I seek inspiration and guidance from the natural world, trusting that every leaf, rock, and ripple holds a message of hope and wisdom."

"I offer my gratitude to the spirits of the land, the water, and the sky, knowing that they watch over me with love and protection."

As you offer these affirmations and prayers, allow yourself to feel a deep sense of connection and reverence for the sacredness of nature. Know that you are held in the loving embrace of the earth, surrounded by its beauty, wisdom, and grace.

When you feel ready, take a moment to express gratitude for the opportunity to connect with the sacred energy of nature and receive its guidance, healing, and inspiration. Open your eyes and take one final deep breath, feeling refreshed, rejuvenated, and deeply aligned with the sacredness of the natural world.

Chapter #10: Crystal Healing

Introduction:

Crystal healing is based on the belief that crystals and gemstones possess unique properties and energies that can facilitate healing and energetic balance.

When used in conjunction with hypnosis sessions, crystals can amplify the therapeutic effects and support clients in achieving deeper states of relaxation, emotional release, and spiritual connection. This introduction introduces practitioners to the use of crystals in healing and offers guidance on incorporating them into hypnosis sessions.

Additional Information:

Practitioners should educate themselves on the properties and uses of different crystals and gemstones and select ones that resonate with the intentions of the session and the needs of the client. It's important to guide clients in proper care and cleansing of crystals and ensure they feel comfortable and informed about their use during hypnosis sessions.

Chakra Balancing with Crystals

By Rene Bastarache, CI

NOTE: Use specific crystals to balance and align the body's energy centers (chakras) during hypnosis sessions, promoting overall well-being and harmony.

[Begin by finding a comfortable and peaceful space where you can relax and focus on your chakra balancing with crystals practice. Sit or lie down in a relaxed position, and take a few deep breaths to center yourself.]

SCRIPT STARTS HERE:

Close your eyes and allow yourself to settle into a state of deep relaxation. Feel the weight of your body sinking into the surface beneath you, and let go of any tension or stress that you may be holding onto.

Now, as you continue to breathe deeply, I invite you to imagine yourself surrounded by a soft and gentle light. This light represents the healing energy of the crystals that will assist you in balancing and aligning your chakras.

As you focus on your breath, I want you to visualize each chakra in your body, starting from the base of your spine and moving upwards towards the crown of your head. See each chakra as a spinning wheel of energy, glowing brightly and radiating with vitality.

Now, I'm going to guide you through a chakra balancing with crystals practice, using specific crystals to enhance the energy of each chakra. As I mention each chakra, imagine the corresponding crystal resting gently on that area of your body, infusing it with its healing properties.

Begin with the root chakra, located at the base of your spine. Visualize a vibrant red crystal, such as garnet or red jasper, resting gently on this area. Feel its grounding energy anchoring you to the earth, promoting feelings of safety, security, and stability.

Move up to the sacral chakra, located just below your navel. Picture a warm orange crystal, such as carnelian or orange calcite, resting on this area. Allow its creative energy to flow through you, awakening your passion, sensuality, and emotional well-being.

Continue to the solar plexus chakra, located in the upper abdomen. Envision a bright yellow crystal, such as citrine or yellow tiger's eye, resting on this area. Feel its empowering energy boosting your confidence, self-esteem, and personal power.

Shift your focus to the heart chakra, located in the center of your chest. See a soothing green crystal, such as rose quartz or green aventurine, resting on this area. Allow its loving energy to open your heart, fostering compassion, forgiveness, and emotional healing.

Move up to the throat chakra, located at the base of your throat. Imagine a calming blue crystal, such as aquamarine or blue lace agate, resting on this area. Feel its clarifying energy encouraging clear communication, self-expression, and authenticity.

Continue to the third eye chakra, located in the center of your forehead, just above your eyebrows. Visualize a deep indigo crystal, such as amethyst or sodalite, resting on this area. Allow its intuitive energy to awaken your inner wisdom, insight, and spiritual awareness.

Finally, focus on the crown chakra, located at the top of your head. See a radiant purple or white crystal, such as clear quartz or amethyst, resting on this area. Feel its divine energy connecting you to the universe, promoting spiritual growth, and enlightenment.

As you continue to visualize each chakra being balanced and aligned with the corresponding crystal, feel a sense of harmony and well-being spreading throughout your entire being. Allow yourself to bask in this state of deep relaxation and inner peace.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes. Know that you can return to this chakra balancing with crystals practice whenever you feel the need to realign your energy and promote overall well-being and harmony.

Emotional Release Crystal Grid Meditation

By Rene Bastarache, CI

NOTE: Create a crystal grid layout designed to facilitate emotional release and healing, amplifying the effects of hypnosis for emotional transformation.

[Begin by finding a quiet and sacred space where you can set up your crystal grid layout. Choose a comfortable place to sit or lie down, and take a few deep breaths to center yourself.]

SCRIPT STARTS HERE:

Close your eyes and allow yourself to relax deeply. Feel the weight of your body sinking into the surface beneath you, and let go of any tension or stress that you may be holding onto.

Now, as you continue to breathe deeply, I invite you to imagine yourself surrounded by a soft and gentle light. This light represents the healing energy of the crystals that will assist you in releasing and healing your emotions.

Begin by placing a large, grounding crystal, such as black tourmaline or smokey quartz, at the center of your crystal grid layout. This crystal will anchor and stabilize the energy, creating a safe space for emotional release and healing.

Next, place four smaller crystals around the central stone, creating a square shape. These crystals will represent the four elements – earth, air, fire, and water – providing balance and harmony to your emotional release process.

Choose crystals that resonate with each element, such as:

Earth: Green aventurine or moss agate

Air: Clear quartz or selenite

Fire: Carnelian or sunstone

Water: Blue lace agate or aquamarine

As you place each crystal, set the intention for emotional release and healing. Visualize any pent-up emotions or negative energy being drawn into the crystals, where they will be transmuted and released into the earth for healing.

Once your crystal grid layout is complete, take a few moments to gaze upon it with reverence and gratitude. Allow yourself to feel the energy of the crystals resonating with your own, amplifying the effects of hypnosis for emotional transformation.

Now, as you close your eyes once more, imagine a beam of light descending from the heavens and surrounding your crystal grid layout. This divine light represents the healing power of the universe, supporting and guiding you on your journey of emotional release and healing.

With each breath, feel the energy of the crystals and the divine light working together to cleanse and purify your emotional body. Allow yourself to surrender to the process, trusting that any emotions that arise are simply being released for your highest good.

As you continue to breathe deeply, imagine yourself surrounded by a warm and loving embrace, held by the supportive energy of the crystals and the divine light. Feel any heaviness or pain in your heart begin to dissolve, making way for a sense of peace, clarity, and emotional freedom.

Stay in this space for as long as you need, allowing the energy of the crystals and the divine light to work their magic. Know that you are held and supported in this moment of emotional release and healing.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes. Know that you can return to this emotional release crystal grid meditation whenever you feel the need to release and heal your emotions.

Physical Healing Crystal Layout Meditation

By Rene Bastarache, CI

NOTE: Utilize crystals known for their healing properties to support physical health and vitality, enhancing the healing process in conjunction with hypnosis.

[Begin by finding a quiet and comfortable space where you can set up your physical healing crystal layout. Choose a spot where you can sit or lie down comfortably, and take a few deep breaths to center yourself.]

SCRIPT STARTS HERE:

Close your eyes and allow yourself to relax deeply. Feel the tension melting away from your muscles as you sink into a state of deep relaxation.

Now, as you continue to breathe deeply, I invite you to imagine yourself surrounded by a soft and gentle light. This light represents the healing energy of the crystals that will support and enhance your physical healing process.

Begin by placing a large, grounding crystal, such as clear quartz or amethyst, at the center of your crystal layout. This crystal will serve as the focal point for your healing energy, helping to amplify and direct the flow of healing energy throughout your body.

Next, place four smaller crystals around the central stone, creating a square shape. These crystals will represent the four elements – earth, air, fire, and water – providing balance and harmony to your physical healing process.

Choose crystals that resonate with each element and are known for their healing properties, such as:

Earth: Green aventurine or jade

Air: Clear quartz or selenite

Fire: Carnelian or sunstone

Water: Aquamarine or blue lace agate

As you place each crystal, set the intention for physical healing and vitality. Visualize the healing energy of the crystals penetrating deep into your cells, promoting balance, restoration, and renewal.

Once your crystal layout is complete, take a few moments to gaze upon it with reverence and gratitude. Allow yourself to feel the energy of the crystals resonating with your own, supporting and enhancing your physical healing journey.

Now, as you close your eyes once more, imagine a warm and soothing energy flowing from the crystals into your body. Feel this healing energy enveloping you like a cocoon, soothing away any pain or discomfort and infusing you with vitality and strength.

With each breath, allow the healing energy of the crystals to penetrate deeper into your body, targeting any areas of imbalance or dis-ease. Feel any tension or resistance melting away, leaving you feeling light, relaxed, and fully supported in your healing journey.

Stay in this space for as long as you need, allowing the healing energy of the crystals to work its magic. Know that you are surrounded by love and support, and that your body has the innate ability to heal itself.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes. Know that you can return to this physical healing crystal layout meditation whenever you need support and encouragement on your healing journey.

Spiritual Connection Crystal Meditation

By Rene Bastarache, CI

NOTE: Connect with the spiritual energies of crystals to deepen spiritual awareness, intuition, and inner guidance during hypnosis sessions.

[Begin by finding a quiet and sacred space where you can set up your spiritual connection crystal layout. Choose a comfortable place to sit or lie down, and take a few deep breaths to center yourself.]

SCRIPT STARTS HERE:

Close your eyes and allow yourself to relax deeply. Feel the tension melting away from your muscles as you sink into a state of deep relaxation.

Now, as you continue to breathe deeply, I invite you to imagine yourself surrounded by a soft and gentle light. This light represents the spiritual energy of the crystals that will support and enhance your connection to the divine.

Begin by placing a large, clear quartz crystal at the center of your crystal layout. This crystal will serve as the focal point for your spiritual energy, helping to amplify and direct the flow of divine guidance and wisdom.

Next, place four smaller crystals around the central stone, creating a square shape. These crystals will represent the four elements – earth, air, fire, and water – providing balance and harmony to your spiritual connection process.

Choose crystals that resonate with each element and are known for their spiritual properties, such as:

Earth: Smoky quartz or hematite

Air: Clear quartz or angelite

Fire: Carnelian or sunstone

Water: Amethyst or celestite

As you place each crystal, set the intention for spiritual connection, inner guidance, and divine wisdom. Visualize the spiritual energy of the crystals surrounding you, enveloping you in a cocoon of light and love.

Once your crystal layout is complete, take a few moments to gaze upon it with reverence and gratitude. Allow yourself to feel the energy of the crystals resonating with your own, supporting and enhancing your spiritual connection journey.

Now, as you close your eyes once more, imagine a warm and loving energy flowing from the crystals into your body. Feel this spiritual energy filling you with a sense of peace, clarity, and inner knowing.

With each breath, allow the spiritual energy of the crystals to penetrate deeper into your being, opening your heart and mind to the divine guidance and wisdom that surrounds you. Feel any barriers or limitations melting away, leaving you feeling connected, supported, and deeply loved by the universe.

Stay in this space for as long as you need, allowing the spiritual energy of the crystals to work its magic. Know that you are surrounded by love and support, and that the divine is always present to guide and inspire you on your spiritual journey.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes. Know that you can return to this spiritual connection crystal meditation whenever you need support and guidance on your spiritual path.

Crystal Elixir Affirmation Ritual

By Rene Bastarache, CI

NOTE: Infuse water with crystal energy to create a healing elixir, incorporating affirmations and intention-setting for holistic healing and transformation.

[Begin by gathering your chosen crystal and a clear glass or jar of water. Find a quiet and sacred space where you can perform your crystal elixir affirmation ritual. Sit comfortably and take a few deep breaths to center yourself.]

Hold the crystal in your hands and take a moment to connect with its energy. Feel its vibrations resonating with your own, filling you with a sense of peace and harmony.

Now, as you continue to hold the crystal, close your eyes and set your intention for the elixir. Visualize the water being infused with the healing energy of the crystal, becoming a powerful elixir for holistic healing and transformation.

As you focus on your intention, repeat the following affirmation aloud or silently to yourself:

"I infuse this water with the healing energy of [name of crystal],
May it bring healing, balance, and transformation to my mind, body, and spirit."

Repeat this affirmation several times, allowing the words to sink into your subconscious mind and resonate with the energy of the crystal.

Now, gently place the crystal into the glass or jar of water, allowing it to sit for at least 10-15 minutes. As the water absorbs the energy of the crystal, continue to hold your intention for healing and transformation.

Once the elixir is ready, take a moment to express gratitude for the healing energy of the crystal and the water. Thank the universe for its support and guidance on your journey towards holistic healing and transformation.

When you feel ready, slowly sip the elixir, allowing its healing energy to flow through your body and nourish your soul. With each sip, repeat the affirmation silently to yourself, focusing on the healing and transformation taking place within you.

Continue to drink the elixir until you feel fully nourished and energized by its healing energy. Know that you can return to this ritual whenever you need support and guidance on your journey towards holistic healing and transformation.

When you are finished, take a moment to ground yourself and reconnect with the present moment. Open your eyes and return to your day, knowing that you are supported and guided by the healing energy of the crystal elixir.

Chapter # 11: Sound Healing

Introduction:

Sound healing utilizes the therapeutic properties of sound vibrations to promote relaxation, stress reduction, and emotional release. Instruments such as Tibetan singing bowls, tuning forks, or soundscapes are used to create harmonious frequencies that resonate with the body and mind, inducing a state of deep relaxation and healing.

When integrated into hypnosis sessions, sound healing techniques can enhance the therapeutic experience and support clients in achieving profound states of relaxation and inner peace.

Additional Information:

Practitioners should familiarize themselves with different sound healing instruments and techniques and select ones that align with the intentions of the session and the preferences of the client. It's essential to create a quiet and comfortable environment for sound healing practices and ensure clients feel safe and supported throughout the session.

Tibetan Singing Bowl Meditation

By Rene Bastarache, CI

NOTE: Immerse in the soothing vibrations of Tibetan singing bowls to induce deep relaxation, stress reduction, and inner peace during hypnosis sessions.

[Begin by finding a quiet and comfortable space where you can lie down or sit comfortably. Ensure that you won't be disturbed during the meditation. Take a few deep breaths to center yourself and relax.]

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Take a few moments to simply observe the natural rhythm of your breathing, allowing it to deepen and slow down with each inhale and exhale.

Now, as you continue to breathe deeply, I invite you to listen to the sound of the Tibetan singing bowl. Focus your attention on the gentle, resonant tones as they wash over you, filling the space with their soothing vibrations.

With each sound of the singing bowl, feel yourself becoming more relaxed and at ease. Allow any tension or stress in your body to melt away, as you surrender to the healing vibrations of the bowl.

As the sound of the singing bowl continues to envelop you, imagine yourself surrounded by a warm and comforting cocoon of sound. Feel the vibrations penetrating deep into your body, calming your nervous system and bringing you into a state of deep relaxation.

With each tone of the singing bowl, allow yourself to sink deeper and deeper into a state of profound peace and tranquility. Feel your mind becoming quiet and still, as you let go of any worries or distractions.

Now, as you bask in the soothing vibrations of the singing bowl, I invite you to set an intention for this meditation. This could be anything you desire,

whether it's stress reduction, inner peace, or simply a moment of rest and relaxation.

Visualize your intention as a glowing light within your heart, radiating outwards and filling the space around you. Know that as you align with this intention, you are inviting healing and transformation into your life.

As the meditation comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your mind, body, and spirit, and thank the singing bowl for its healing vibrations.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes.

Carry the sense of peace and relaxation you've cultivated with you throughout your day, knowing that you can return to the soothing vibrations of the Tibetan singing bowl whenever you need a moment of calm and tranquility.

Tuning Fork Sound Therapy

By Rene Bastarache, CI

NOTE: Experience the harmonizing effects of tuning forks on the body's energy field, promoting energetic balance, and alignment in conjunction with hypnosis.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to listen to the gentle sound of the tuning fork. Notice the clear, resonant tone as it fills the space around you, vibrating with a harmonious frequency.

With each sound of the tuning fork, feel the vibrations washing over you, penetrating deep into your body's energy field. Allow the soothing tones to melt away any tension or blockages, promoting energetic balance and alignment.

As the sound of the tuning fork continues, imagine yourself surrounded by a field of pure, radiant energy. Feel this energy enveloping you like a warm embrace, supporting and nurturing you on all levels of your being.

With each vibration of the tuning fork, allow yourself to relax even deeper, surrendering to the healing power of sound. Feel your energy field coming into alignment, as any discordant frequencies are harmonized and balanced.

Now, as you bask in the healing vibrations of the tuning fork, I invite you to set an intention for this session. This could be anything you desire, whether it's physical healing, emotional release, or spiritual growth.

Visualize your intention as a beacon of light within your energy field, guiding you towards greater health, happiness, and alignment. Trust that as you align with this intention, you are inviting healing and transformation into your life.

As the session comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your mind, body, and spirit, and thank the tuning fork for its healing vibrations.

When you feel ready, slowly begin to bring your awareness back to the present moment knowing that you can return to the harmonizing effects of tuning fork sound therapy whenever you need support and guidance on your journey.

Nature Soundscape Journey

By Rene Bastarache, CI

NOTE: Journey through a guided visualization accompanied by nature sounds to enhance relaxation, connection with the earth, and spiritual rejuvenation during hypnosis sessions.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to imagine yourself in a beautiful natural setting. Picture yourself standing at the edge of a lush forest, with tall trees towering overhead and sunlight filtering through the leaves.

Feel the soft earth beneath your feet and the gentle breeze on your skin. Listen to the sounds of nature all around you – the rustle of leaves, the chirping of birds, the babbling of a nearby stream.

As you take in the sights and sounds of this serene landscape, feel yourself becoming more relaxed and at ease. Allow any tension or stress in your body to melt away, as you surrender to the healing power of nature.

Now, I invite you to begin your journey through this natural paradise. With each step you take, feel yourself becoming more deeply connected to the earth beneath you.

As you walk deeper into the forest, allow yourself to become fully immersed in the beauty and tranquility of your surroundings. Notice the vibrant colors of the flowers, the intricate patterns of the leaves, and the play of light and shadow dancing across the forest floor.

With each breath, feel your connection to nature growing stronger and more vibrant. Allow yourself to become one with the earth, as you feel its energy flowing through you, revitalizing your body, mind, and spirit.

As you continue on your journey, you may encounter various elements of nature – a tranquil pond, a majestic waterfall, or a peaceful meadow. Allow yourself to explore these spaces with a sense of wonder and curiosity, knowing that each one holds its own unique healing energy.

As you come to the end of your journey, take a moment to express gratitude for the experience. Thank nature for its beauty, its wisdom, and its ability to nourish and rejuvenate your soul.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes.

Carry the sense of peace and connection you've cultivated with you throughout your day, knowing that you can return to this natural sanctuary whenever you need a moment of relaxation, connection, and spiritual rejuvenation.

Vocal Toning for Emotional Release

By Rene Bastarache, CI

NOTE: Use vocal toning and chanting to release emotional blockages, express emotions, and promote emotional healing and catharsis during hypnosis.

SCRIPT STARTS HERE:

Close your eyes and bring your awareness to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to begin vocal toning. This involves making sustained vowel sounds using your voice, allowing the vibrations to resonate throughout your body and release emotional blockages.

Start by taking a deep breath in, filling your lungs with air. As you exhale, begin to vocalize a long, sustained "ahhh" sound. Allow the sound to come from deep within you, vibrating through your chest, throat, and head.

As you continue to vocalize the "ahhh" sound, imagine releasing any tension or emotions that you may be holding onto. Allow the sound to carry away any feelings of sadness, anger, fear, or frustration, allowing them to be expressed and released.

As you vocalize, you may notice that your voice naturally fluctuates in pitch and intensity. Allow yourself to follow these natural variations, allowing your voice to express whatever emotions are present in this moment.

If you feel comfortable, you can experiment with different vowel sounds, such as "ohhh," "eeeh," or "ooo," allowing each sound to resonate in a different part of your body and evoke different emotional responses.

Continue to vocalize for as long as feels right to you, allowing the sound to flow freely and naturally. Trust that your voice knows exactly what it needs to express and release, and allow yourself to surrender to the process completely.

As you come to the end of your vocal toning practice, take a few moments to notice how you feel. Notice any shifts or changes in your emotional state, as well as any sensations in your body.

When you feel ready, slowly begin to bring your awareness back to the present moment. You can take a few deep breaths, and gently open your eyes.

Know that you can return to this practice of vocal toning for emotional release whenever you need to express and release emotions, promote emotional healing, and cultivate a sense of inner peace and catharsis.

Crystal Singing Bowl Sound Bath

By Rene Bastarache, CI

NOTE: Bathe in the healing frequencies of crystal singing bowls to cleanse, balance, and energize the body, mind, and spirit during hypnosis sessions.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to imagine yourself surrounded by a circle of crystal singing bowls. Each bowl emits a different frequency, creating a harmonious symphony of sound that fills the space around you.

As the sound of the crystal singing bowls begins, feel the vibrations washing over you, penetrating deep into your body, mind, and spirit. Allow the soothing tones to cleanse, balance, and energize you on all levels of your being.

With each note of the crystal singing bowls, feel yourself becoming more deeply relaxed and at peace. Notice any areas of tension or resistance melting away, as you surrender to the healing power of sound.

As you bask in the soothing frequencies of the crystal singing bowls, I invite you to set an intention for this sound bath. This could be anything you desire, whether it's physical healing, emotional release, or spiritual awakening.

Visualize your intention as a glowing light within your heart, radiating outwards and filling the space around you. Trust that as you align with this intention, you are inviting healing and transformation into your life.

As the sound bath continues, allow yourself to sink deeper and deeper into a state of profound relaxation and inner peace. Feel the boundaries between yourself and the outside world begin to dissolve, as you merge with the universal flow of energy.

With each breath, feel the healing frequencies of the crystal singing bowls infusing every cell of your being, restoring balance and harmony to your body, mind, and spirit.

As the sound bath comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your well-being, and thank the crystal singing bowls for their healing vibrations.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes.

Carry the sense of balance, clarity, and rejuvenation you've cultivated with you throughout your day, knowing that you can return to the healing frequencies of the crystal singing bowls whenever you need support and guidance on your journey.

Chapter # 12: Aromatherapy

Introduction:

Aromatherapy is the use of essential oils and aromatic compounds to promote physical, emotional, and spiritual well-being.

When incorporated into hypnosis sessions, aromatherapy can enhance relaxation, uplift mood, and support clients in achieving deeper states of trance and healing. This introduction offers practitioners guidance on selecting and using essential oils effectively during hypnosis sessions to enhance the therapeutic experience for clients.

Additional Information:

Practitioners should educate themselves on the properties and safety considerations of different essential oils and select ones that align with the intentions of the session and the needs of the client. It's important to consider clients' sensitivities and preferences when introducing aromatherapy into hypnosis sessions and provide options for alternative scents if needed.

Stress Relief Essential Oil Diffusion

By Rene Bastarache, CI

NOTE: Diffuse calming essential oils such as lavender, chamomile, and bergamot to promote relaxation, stress reduction, and emotional balance during hypnosis sessions.

SCRIPT STARTS HERE:

Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, imagine yourself in a peaceful and serene environment. Picture yourself in a cozy room filled with soft, gentle light and the soothing aroma of calming essential oils.

As you inhale, imagine breathing in the scent of lavender, chamomile, and bergamot. Notice how the fragrant aroma fills your lungs and permeates your entire being, bringing a sense of calm and relaxation to your body, mind, and spirit.

With each breath, feel yourself becoming more deeply relaxed and at ease. Allow any tension or stress in your body to melt away, as you surrender to the healing power of the essential oils.

As you continue to inhale the calming aroma of the essential oils, I invite you to set an intention for this session. This could be anything you desire, whether it's stress relief, emotional balance, or simply a moment of rest and relaxation.

Your intention is a warm, glowing light within your heart, radiating outwards and enveloping you in a cocoon of peace and tranquility. Trust that as you align with this intention, you are inviting healing and transformation into your life.

As the scent of the essential oils surrounds you, allow yourself to sink deeper and deeper into a state of profound relaxation and inner peace. Feel the soothing aroma washing over you like a gentle wave, carrying away any worries or cares.

With each breath, feel your body becoming lighter and more buoyant, as you let go of the weight of the world and surrender to the present moment. Allow yourself to be fully present with the sensations of relaxation and peace that arise within you.

As the session comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your well-being, and thank the calming essential oils for their healing aroma.

When you feel ready, slowly begin to bring your awareness back to the present moment. You can carry the sense of calm, relaxation, and inner peace you've cultivated with you throughout your day, knowing that you can return to the healing aroma of essential oils whenever you need support and guidance on your journey.

Energy Boosting Aromatherapy Massage

By Rene Bastarache, CI

NOTE: Incorporate invigorating essential oils such as peppermint, eucalyptus, and citrus oils into massage techniques to enhance energy levels and vitality during hypnosis.

SCRIPT STARTS HERE:

I'd like you to bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to visualize yourself lying on a massage table in a peaceful and serene environment. Picture soft, gentle light surrounding you, and the soothing scent of invigorating essential oils filling the air.

As you inhale, imagine breathing in the refreshing aroma of peppermint, eucalyptus, and citrus oils. Notice how the fragrant scent awakens your senses and fills you with a renewed sense of energy and vitality.

As the massage begins, feel the skilled hands of the therapist working their magic on your body. With each stroke and movement, imagine the invigorating essential oils being absorbed into your skin, infusing your body with their revitalizing properties.

As the therapist focuses on areas of tension or fatigue, feel the healing energy of the essential oils penetrating deep into your muscles, releasing any stagnant energy and promoting a sense of balance and well-being.

With each passing moment, feel yourself becoming more energized and alive, as the invigorating aroma of the essential oils invigorates your body, mind, and spirit.

As the massage continues, I invite you to set an intention for this session. This could be anything you desire, whether it's increased energy levels, improved vitality, or simply a sense of renewal and rejuvenation.

Visualize your intention as a bright, glowing light within your heart, radiating outwards and filling the space around you with its vibrant energy. Trust that as you align with this intention, you are inviting healing and transformation into your life.

As the massage comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your well-being, and thank the invigorating essential oils for their revitalizing aroma.

Mood Enhancing Aromatherapy Inhalation

By Rene Bastarache, CI

NOTE: Inhale uplifting essential oils such as citrus, geranium, and ylang-ylang to elevate mood, promote positivity, and support emotional well-being during hypnosis sessions.

SCRIPT STARTS HERE:

Now, as you continue to breathe deeply, I invite you to imagine yourself holding a bottle of uplifting essential oil blend. Imagine the bright and invigorating scents of citrus, geranium, and ylang-ylang wafting from the bottle, filling the air with their delightful aroma.

As you inhale, imagine breathing in the uplifting fragrance of the essential oils. Notice how the aromatic molecules enter your lungs and travel throughout your body, uplifting your mood and promoting a sense of positivity and well-being.

With each breath, feel yourself becoming more uplifted and joyful, as the invigorating scent of the essential oils fills you with a renewed sense of energy and vitality.

As you continue to inhale the uplifting aroma of the essential oils, I invite you to set an intention for this session. This could be anything you desire, whether it's to elevate your mood, cultivate positivity, or simply enjoy a moment of relaxation and rejuvenation.

You notice that your intention is like a radiant beam of light within your heart, shining brightly and filling the space around you with its warm and inviting energy. Trust that as you align with this intention, you are inviting healing and transformation into your life.

As you bask in the uplifting fragrance of the essential oils, allow yourself to sink deeper into a state of profound peace and inner harmony. Feel the

stresses and worries of the day melting away, as you embrace the present moment with an open heart and a joyful spirit.

As the session comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your well-being, and thank the uplifting essential oils for their delightful aroma.

Sleep Inducing Aromatherapy Pillow Spray

By Rene Bastarache, CI

NOTE: Spritz a calming essential oil blend onto pillows and bedding to promote deep, restful sleep and relaxation during hypnosis sessions.

SCRIPT STARTS HERE:

Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to visualize yourself holding a bottle of calming essential oil blend. Imagine the soothing scents of lavender, chamomile, and sandalwood wafting from the bottle, filling the air with their gentle aroma.

As you inhale, imagine breathing in the calming fragrance of the essential oils. Notice how the aromatic molecules enter your lungs and travel throughout your body, promoting a sense of deep relaxation and tranquility.

With each breath, feel yourself becoming more relaxed and at ease, as the soothing scent of the essential oils envelops you like a warm blanket, preparing you for a restful night's sleep.

As you continue to inhale the calming aroma of the essential oils, I invite you to set an intention for this session. This could be anything you desire, whether it's to experience deep, restful sleep, release any tension or stress from the day, or simply enjoy a moment of relaxation and rejuvenation.

Imagine your intention as a soft, glowing light within your heart, radiating outwards and enveloping you in its warm and comforting embrace. Trust that as you align with this intention, you are inviting healing and transformation into your life.

Now, as you prepare for sleep, I invite you to spritz a few drops of the calming essential oil blend onto your pillows and bedding. Feel the gentle

mist settle over you like a cloud, infusing your sleep space with its tranquil aroma.

As you settle into bed, allow yourself to surrender fully to the soothing scent of the essential oils. Feel your body sinking deeper into the mattress, as you let go of any remaining tension or worries from the day.

As the session comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your well-being, and thank the calming essential oils for their comforting aroma.

When you feel ready, slowly begin to drift off into a deep and restful sleep, knowing that you can return to the sleep-inducing power of aromatherapy pillow spray whenever you need support and guidance on your journey.

Chakra Balancing Aromatherapy Ritual

By Rene Bastarache, CI

NOTE: Use specific essential oils corresponding to each chakra to balance and harmonize the body's energy centers, enhancing the effectiveness of hypnosis for holistic healing.

SCRIPT STARTS HERE:

Now, let's start by focusing on your breath. Take a deep breath in through your nose, filling your lungs with fresh air, and exhale slowly through your mouth, releasing any tension or stress you may be holding onto. Repeat this a few times, allowing each breath to deepen your relaxation.

As we proceed with the chakra balancing, I'll introduce specific essential oils corresponding to each chakra. These oils have been carefully selected for their unique properties to help restore balance and vitality to your energy centers.

Root Chakra (Muladhara): This is the chakra located at the base of the spine, associated with grounding and stability. The essential oil for the root chakra is Patchouli. Visualize its earthy scent enveloping you, anchoring you to the present moment and promoting a sense of security.

Sacral Chakra (Swadhisthana): Moving up to the lower abdomen, this chakra governs emotions, creativity, and sensuality. Orange essential oil is chosen to stimulate this chakra, encouraging flow and passion in your life. Allow its citrusy aroma to awaken your senses and ignite your creativity.

Solar Plexus Chakra (Manipura): Located in the upper abdomen, this chakra is associated with personal power and confidence. Lemon essential oil is ideal for balancing the solar plexus, boosting self-esteem and clarity of thought. Imagine its refreshing scent filling you with courage and inner strength.

Heart Chakra (Anahata): Moving to the center of the chest, the heart chakra governs love, compassion, and forgiveness. Rose essential oil is chosen for its ability to open the heart, promoting healing and harmony in relationships. Visualize its floral aroma enveloping you with warmth and unconditional love.

Throat Chakra (Vishuddha): Located in the throat area, this chakra governs communication and self-expression. Lavender essential oil is selected to soothe and balance the throat chakra, facilitating clear and authentic expression. Feel its calming fragrance easing any tension and enabling you to speak your truth with ease.

Third Eye Chakra (Ajna): Moving to the space between the eyebrows, this chakra is associated with intuition and insight. Frankincense essential oil is used to activate the third eye, enhancing clarity and vision. Picture its woody aroma expanding your consciousness and deepening your inner wisdom.

Crown Chakra (Sahasrara): Finally, we reach the crown of the head, the seat of spiritual connection and enlightenment. Sandalwood essential oil is chosen to balance the crown chakra, promoting spiritual awareness and unity. Imagine its rich aroma enveloping you in a sense of divine presence and oneness with the universe.

As you continue to breathe deeply, allow the combined scent of these essential oils to permeate your being, restoring balance and harmony to your energy centers.

Take a few moments to bask in this state of deep relaxation and alignment, feeling the energy flowing freely throughout your body.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, gently stretch your limbs, and when you're ready, open your eyes.

Know that you can return to this Chakra Balancing Aromatherapy Ritual whenever you feel the need to realign your energy and enhance your overall well-being.

Thank you for joining me in this journey of self-discovery and healing. May you carry the balance and harmony of your chakras with you as you go about your day.

Chapter # 13: Shamanic Healing

Introduction:

Shamanic healing is an ancient practice that works with the spiritual dimension of healing, focusing on restoring balance and harmony to the body, mind, and spirit. Techniques such as journeying, soul retrieval, and energy clearing are used to facilitate spiritual healing and transformation.

When integrated into hypnosis sessions, shamanic practices can deepen the therapeutic experience and support clients in connecting with their inner wisdom and healing potential.

Additional Information:

Practitioners should approach shamanic healing techniques with respect and reverence for indigenous traditions and cultures. It's important to undergo proper training and guidance from experienced shamanic practitioners before incorporating these techniques into hypnosis sessions. Practitioners should also ensure clients feel comfortable and informed about shamanic practices and provide support and guidance throughout the healing journey.

Shamanic Journey for Spiritual Guidance

By Rene Bastarache, CI

NOTE: Embark on a guided shamanic journey to connect with spirit guides, ancestors, and power animals, receiving guidance, healing, and insight during hypnosis sessions.

‘(if conducting this as a script during a larger session, their eyes will already be closed)

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to visualize yourself surrounded by the vibrant colors and swirling energies of the chakras. Picture each energy center aligned along the central axis of your body, from the base of your spine to the crown of your head.

As you focus on each chakra in turn, imagine inhaling the corresponding essential oil that will help balance and harmonize its energy. Begin with the root chakra, located at the base of your spine, and visualize inhaling the grounding scent of patchouli or cedarwood.

Feel the energy of the root chakra becoming more stable and secure, anchoring you to the earth and providing a solid foundation for your well-being.

Next, move to the sacral chakra, located in the lower abdomen, and visualize inhaling the sweet and sensual scent of orange or ylang-ylang. Feel the energy of the sacral chakra flowing freely, allowing you to embrace pleasure and creativity in your life.

Continue this process with each chakra, moving upwards through the solar plexus, heart, throat, third eye, and crown chakras. Inhale the corresponding essential oils – such as bergamot for the solar plexus, rose for the heart, lavender for the throat, clary sage for the third eye, and frankincense for the crown – and feel the energy of each chakra becoming more balanced and harmonious.

As you complete the ritual, take a moment to visualize all seven chakras glowing brightly with their respective colors, spinning in perfect alignment and harmony. Feel the energy flowing freely throughout your body, revitalizing and rejuvenating you on all levels of your being.

As the session comes to a close, take a few moments to express gratitude for the experience. Thank yourself for taking this time to nurture your well-being, and thank the specific essential oils for their balancing and harmonizing effects on the chakras.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes.

Carry the sense of balance, harmony, and vitality you've cultivated with you throughout your day, knowing that you can return to this chakra balancing aromatherapy ritual whenever you need support and guidance on your journey.

Soul Retrieval Ceremony

By Rene Bastarache, CI

NOTE: Facilitate a shamanic soul retrieval ceremony to reclaim lost or fragmented aspects of the soul, restoring wholeness, vitality, and empowerment during hypnosis.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, I invite you to visualize yourself standing in a sacred ceremonial space, surrounded by the elements of nature – earth, air, fire, and water. Feel the energy of the earth beneath your feet, the air caressing your skin, the warmth of the fire, and the flowing movement of water.

Set your intention for this soul retrieval ceremony: to reclaim lost or fragmented aspects of your soul, restoring wholeness, vitality, and empowerment. Trust that you are supported and guided by the wisdom of the earth, the ancestors, and the spirit realm.

Now, when you feel ready, begin to journey inward, descending into the depths of your own consciousness. Imagine yourself descending a spiral staircase, each step taking you deeper into the realms of the subconscious and the soul.

As you journey deeper, you may encounter obstacles or challenges along the way. Trust that you have the strength, courage, and wisdom to overcome any obstacles that arise, knowing that they are opportunities for growth and transformation.

Eventually, you come to a place of stillness and silence, where you encounter a presence – the aspect of your soul that has been lost or

fragmented. This presence may appear as a wounded child, a shadowy figure, or an animal spirit. Trust whatever form it takes, knowing that it is a part of you seeking to be reclaimed and integrated.

Approach this presence with love, compassion, and understanding. Offer it your hand and invite it to return home, to be reunited with the rest of your soul. As you embrace this aspect of yourself, feel a sense of wholeness and integration washing over you, restoring balance and harmony to your being.

With each breath, feel yourself becoming more deeply connected to your soul, reclaiming lost parts of yourself and integrating them into the present moment. Notice any sensations, emotions, or insights that arise as you undergo this process of soul retrieval.

As the ceremony comes to a close, take a moment to express gratitude for the healing and transformation you have experienced. Thank yourself for having the courage to embark on this journey, and thank the earth, the ancestors, and the spirit realm for their support and guidance.

Carry the sense of wholeness, vitality, and empowerment you've reclaimed through this soul retrieval ceremony with you throughout your day, knowing that you are now more fully aligned with your true essence and purpose.

Energy Clearing Ritual

By Rene Bastarache, CI

NOTE: Clear and purify energetic imbalances and blockages using shamanic techniques such as smudging, rattling, and drumming, promoting spiritual cleansing and renewal during hypnosis.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, imagine yourself standing in a sacred space, surrounded by the elements of nature – earth, air, fire, and water. Feel the energy of the earth beneath your feet, the gentle breeze caressing your skin, the warmth of the sun, and the flowing movement of water.

Set your intention for this energy clearing ritual: to clear and purify any energetic imbalances or blockages, promoting spiritual cleansing and renewal. Trust that you are supported and guided by the wisdom of the earth, the ancestors, and the spirit realm.

Now, when you feel ready, begin the ritual by picking up a smudge stick or bundle of dried herbs, such as sage, cedar, or sweetgrass. Light the smudge stick and allow the fragrant smoke to fill the space around you, cleansing and purifying the energy field.

As you move the smudge stick around your body, visualize the smoke enveloping you like a protective cocoon, dissolving any stagnant or negative energy and releasing it into the atmosphere. Feel a sense of lightness and clarity washing over you as you release what no longer serves you.

Next, pick up a rattle or drum and begin to shake or beat it rhythmically, allowing the sound vibrations to penetrate deep into your energy field. Visualize the sound waves breaking up any remaining blockages or barriers, allowing the energy to flow freely throughout your being.

As you continue to rattle or drum, feel the energy field around you becoming brighter, clearer, and more vibrant. Notice any sensations, emotions, or insights that arise as you undergo this process of energetic clearing and renewal.

When you feel that the energy field has been sufficiently cleared and purified, take a few moments to express gratitude for the healing and transformation you have experienced. Thank yourself for having the courage to embark on this journey, and thank the earth, the ancestors, and the spirit realm for their support and guidance.

Carry the sense of spiritual cleansing and renewal you've experienced through this energy clearing ritual with you throughout your day, knowing that you are now more fully aligned with your true essence and purpose.

Nature Connection Vision Quest

By Rene Bastarache, CI

NOTE: Embark on a vision quest in nature to deepen connection with the earth, receive wisdom from the natural world, and undergo spiritual transformation during hypnosis sessions.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, imagine yourself standing at the edge of a vast and untamed wilderness. Feel the call of the wild stirring within you, drawing you deeper into the heart of nature.

Set your intention for this vision quest: to deepen your connection with the earth, receive wisdom from the natural world, and undergo spiritual transformation. Trust that you are supported and guided by the wisdom of the earth, the ancestors, and the spirit realm.

With each breath, feel yourself becoming more deeply rooted in the earth, like the ancient trees that stand tall and strong. Visualize roots growing from the soles of your feet, sinking deep into the soil, connecting you to the vast network of life that surrounds you.

Now, when you feel ready, begin your journey into the wilderness. Allow yourself to be guided by your intuition and inner guidance, following the path that calls to you with an open heart and a curious mind.

As you journey deeper into the wilderness, notice the sights, sounds, and sensations of the natural world around you. Listen to the song of the birds, the rustle of the leaves, and the gentle whisper of the wind.

With each step you take, feel yourself becoming more attuned to the rhythms of nature, more connected to the earth and all of its inhabitants. Allow yourself to surrender to the wisdom of the natural world, trusting that it has much to teach you.

As you continue your quest, be open to receiving messages, insights, and guidance from the earth, the animals, and the elements. Notice any symbols or signs that appear along the way, trusting that they are offering you wisdom and guidance on your journey.

As the vision quest comes to a close, take a moment to express gratitude for the experience. Thank yourself for having the courage to embark on this journey, and thank the earth, the ancestors, and the spirit realm for their support and guidance.

Fire Ceremony for Release and Renewal

By Rene Bastarache, CI

NOTE: Conduct a shamanic fire ceremony to release old patterns, beliefs, and energies, and invite in new intentions, blessings, and healing during hypnosis.

[Begin by finding a comfortable and quiet space outdoors where you can safely conduct the fire ceremony. Ensure that you have a fire pit or designated area for burning materials. Take a few moments to gather the necessary materials, such as firewood, matches, and any items you wish to release or offer to the fire.]

SCRIPT STARTS HERE:

As you prepare for the fire ceremony, take a few deep breaths to center yourself and connect with the energy of the earth. Feel the ground beneath your feet and the presence of the natural world around you.

Now, when you feel ready, begin by lighting the fire, allowing the flames to dance and flicker before you. As you watch the fire come to life, set your intention for this ceremony: to release old patterns, beliefs, and energies, and invite in new intentions, blessings, and healing.

Take a moment to reflect on the aspects of yourself or your life that you are ready to release. This could be anything that no longer serves your highest good, such as limiting beliefs, negative emotions, or old wounds.

With each item you offer to the fire, visualize it being consumed by the flames, transformed into smoke and ash, and released into the universe. Feel a sense of lightness and liberation as you let go of these old patterns and energies, making space for new growth and transformation.

As you release each item, offer a prayer or affirmation expressing your intention to release and let go. Trust that the fire will carry your prayers and

intentions to the heavens, where they will be heard and honored by the universe.

Once you have released all that you wish to let go of, take a moment to pause and reflect on the space you have created within yourself and your life. Notice any sensations or emotions that arise, and allow yourself to fully experience the sense of release and renewal.

Now, when you feel ready, begin to invite in new intentions, blessings, and healing. Visualize these intentions as seeds being planted in the fertile soil of your being, nourished by the fire and ready to grow and flourish in the days and weeks ahead.

With each new intention you set, feel a sense of empowerment and possibility washing over you, knowing that you have the power to create positive change in your life.

As the fire begins to burn low, take a moment to offer gratitude for the cleansing and healing that has taken place. Thank the fire for its transformative energy, and thank the earth, the ancestors, and the spirit realm for their support and guidance.

When you feel ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, take a few deep breaths, and gently open your eyes.

Carry the sense of release and renewal you've experienced through this fire ceremony with you throughout your day, knowing that you are now free to step into the fullness of your being and embrace all that life has to offer.

Chapter # 14: Color Therapy

(Chromotherapy)

Introduction:

Color therapy, also known as chromotherapy, is based on the belief that different colors have unique vibrational frequencies that can influence physical, emotional, and spiritual well-being.

By incorporating specific colors into hypnosis sessions, practitioners can balance energy, promote emotional release, and support healing on multiple levels. This introduction explores the healing properties of color and light and offers guidance on using color therapy effectively in hypnosis sessions.

Additional Information:

Practitioners should educate themselves on the meanings and associations of different colors and select ones that resonate with the intentions of the session and the needs of the client. It's important to create a visually stimulating and supportive environment for color therapy practices and ensure clients feel comfortable and informed about their use during hypnosis sessions.

Chakra Color Visualization

By Rene Bastarache, CI

NOTE: Visualize and meditate on the colors associated with each chakra, balancing and harmonizing the body's energy centers for holistic healing and well-being during hypnosis sessions.

[Begin by finding a comfortable and quiet space where you can sit or lie down comfortably. Ensure that you won't be disturbed during the session. Take a few deep breaths to center yourself and prepare for the visualization ahead.]

SCRIPT STARTS HERE:

Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, as you continue to breathe deeply, visualize a radiant ball of light hovering above your head. This ball of light is filled with the vibrant colors of the rainbow, each color representing one of the seven chakras – the energy centers of the body.

Begin by focusing your attention on the color red, which represents the root chakra located at the base of your spine. Visualize the color red glowing brightly, pulsating with energy and vitality. Feel this red light grounding you to the earth, providing stability and security.

Next, shift your focus to the color orange, which represents the sacral chakra located in the lower abdomen. Visualize the color orange radiating warmth and creativity, stimulating your passion and desire for life.

Now, move your attention to the color yellow, which represents the solar plexus chakra located in the upper abdomen. Visualize the color yellow shining with confidence and empowerment, igniting your inner fire and strength.

Continue to the color green, which represents the heart chakra located in the center of your chest. Visualize the color green enveloping you in love and compassion, healing past wounds and opening your heart to give and receive love.

Next, shift your focus to the color blue, which represents the throat chakra located in the throat area. Visualize the color blue sparkling with clarity and communication, empowering you to speak your truth with confidence and authenticity.

Now, move your attention to the color indigo, which represents the third eye chakra located between the eyebrows. Visualize the color indigo shimmering with intuition and insight, deepening your connection to your inner wisdom and intuition.

Finally, focus on the color violet, which represents the crown chakra located at the top of your head. Visualize the color violet glowing with spiritual connection and enlightenment, opening you to the infinite possibilities of the universe.

Take a moment to bask in the rainbow of colors surrounding you, feeling their energy flowing through each chakra and harmonizing your entire being. Allow yourself to bathe in this colorful light, knowing that you are balanced, aligned, and connected to the universal flow of energy.

Color Bathing Immersion

By Rene Bastarache, CI

NOTE: Immerse in colored light or visualizations of specific colors to cleanse, energize, and rejuvenate the aura and energy field, promoting energetic balance and vitality during hypnosis.

SCRIPT STARTS HERE:

Now, as you continue to breathe deeply, imagine yourself surrounded by a pool of radiant, shimmering light. This light is filled with the vibrant colors of the rainbow, each color representing a different aspect of healing and rejuvenation.

Begin by focusing your attention on the color red, which represents vitality and strength. Visualize the color red enveloping you like a warm, comforting blanket, filling you with energy and vitality from head to toe.

As you soak in the red light, feel any tension or fatigue melting away from your body, replaced by a sense of strength and vigor. Allow yourself to become fully immersed in the red light, absorbing its healing energy into every cell of your being.

Now, shift your focus to the color orange, which represents creativity and joy. Visualize the color orange surrounding you with its warm, uplifting glow, igniting your creativity and filling you with a sense of joy and optimism.

As you bask in the orange light, feel your spirits lifting and your imagination coming alive. Allow yourself to embrace the playful, spontaneous energy of orange, allowing it to inspire and uplift you.

Next, move your attention to the color yellow, which represents clarity and confidence. Visualize the color yellow shining brightly around you, illuminating your mind with clarity and filling you with a sense of confidence and self-assurance.

As you immerse yourself in the yellow light, feel any doubts or insecurities melting away, replaced by a deep sense of clarity and purpose. Allow yourself to embrace your inner wisdom and trust in your abilities to navigate life's challenges with ease.

Continue to shift through the colors of the rainbow, allowing each one to wash over you with its unique healing energy. Feel the green light of healing and compassion, the blue light of peace and tranquility, the indigo light of intuition and insight, and the violet light of spiritual connection and enlightenment.

As you bathe in the rainbow of colors, feel your aura and energy field becoming cleansed, energized, and rejuvenated. Allow yourself to fully surrender to the healing power of color, knowing that you are supported and nourished by the vibrant energy of the universe.

Color Affirmation Therapy

By Rene Bastarache, CI

NOTE: Pair specific colors with affirmations tailored to address individual needs and intentions, amplifying the healing power of hypnosis through color therapy and positive reinforcement.

SCRIPT STARTS HERE:

As you continue to breathe deeply, imagine yourself surrounded by a soft, radiant light. This light is filled with the vibrant colors of the rainbow, each color carrying its own unique healing energy and qualities.

Begin by focusing your attention on the color red, which represents vitality and strength. Visualize the color red surrounding you, filling you with energy and vitality. Repeat the following affirmation silently or aloud:

"I am strong and vibrant. I have the energy and vitality to accomplish all that I desire."

Feel the energy of the red light infusing your being, empowering you with strength and resilience.

Now, shift your focus to the color orange, which represents creativity and joy. Visualize the color orange enveloping you, filling you with inspiration and happiness. Repeat the following affirmation:

"I am creative and joyful. I embrace life with enthusiasm and passion."

Feel the warmth of the orange light igniting your creativity and filling you with a sense of joy and optimism.

Continue to shift through the colors of the rainbow, pairing each color with a tailored affirmation to address your individual needs and intentions. Here are some examples:

Yellow (clarity and confidence): "I am clear and confident. I trust in my abilities and make decisions with clarity and ease."

Green (healing and compassion): "I am healed and whole. I open my heart to love and compassion, both for myself and others."

Blue (peace and tranquility): "I am calm and centered. I surrender to the flow of life and trust in the process."

Indigo (intuition and insight): "I am intuitive and wise. I trust my inner guidance to lead me in the right direction."

Violet (spiritual connection and enlightenment): "I am connected to the divine. I trust in the wisdom of the universe to guide me on my spiritual journey."

As you repeat each affirmation, feel the corresponding color filling you with its healing energy and qualities. Allow yourself to fully embody each affirmation, knowing that you are supported and guided by the vibrant energy of the universe.

Color Breathing Exercise

By Rene Bastarache, CI

NOTE: rhythmic breathing techniques synchronized with inhaling and exhaling specific colors, promoting relaxation, stress reduction, and emotional release during hypnosis.

SCRIPT STARTS HERE:

Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now imagine a soft, radiant light surrounding you. This light is filled with the vibrant colors of the rainbow, each color carrying its own unique healing energy and qualities.

Begin by focusing your attention on the color red, which represents vitality and strength. As you inhale deeply, visualize breathing in a warm, glowing red light. Feel this red light filling your lungs with energy and vitality, infusing every cell of your being.

As you exhale, imagine releasing any tension or fatigue from your body, allowing it to dissolve into the surrounding space. With each breath, feel yourself becoming more energized and revitalized by the red light.

Now, shift your focus to the color orange, which represents creativity and joy. As you inhale deeply, visualize breathing in a bright, uplifting orange light. Feel this orange light filling you with inspiration and happiness, igniting your creativity and passion.

As you exhale, imagine releasing any doubts or limitations that may be holding you back, allowing them to dissipate into the atmosphere. With each breath, feel yourself becoming more joyful and expressive as you connect with the creative energy of orange.

Continue to breathe deeply, synchronizing your inhales and exhales with the colors of the rainbow. Here are the colors and their associated qualities:

Yellow (clarity and confidence): Inhale a bright, sunny yellow light, filling you with clarity and confidence. Exhale any confusion or uncertainty, allowing it to dissolve away.

Green (healing and compassion): Inhale a soft, soothing green light, filling you with healing and compassion. Exhale any pain or emotional distress, allowing it to melt away.

Blue (peace and tranquility): Inhale a calming blue light, filling you with peace and tranquility. Exhale any stress or tension, allowing it to drift off into the distance.

Indigo (intuition and insight): Inhale a deep indigo light, filling you with intuition and insight. Exhale any distractions or noise, allowing your mind to become clear and focused.

Violet (spiritual connection and enlightenment): Inhale a mystical violet light, filling you with spiritual connection and enlightenment. Exhale any feelings of separation or disconnection, allowing yourself to merge with the divine.

Continue this rhythmic breathing exercise for as long as feels comfortable, allowing yourself to fully immerse in the healing energy of the colors. When you feel ready, slowly begin to bring your awareness back to the present moment.

Color Visualization Journey

By Rene Bastarache, CI

NOTE: Journey through a guided visualization incorporating the healing energies and symbolism of different colors, promoting inner transformation, and spiritual awakening during hypnosis sessions.

SCRIPT STARTS HERE:

I'd like you to imagine yourself standing at the edge of a vast and beautiful landscape. Before you stretches a winding path, leading you on a journey through the colors of the rainbow.

As you step onto the path, feel the ground beneath your feet and the gentle breeze against your skin. With each step you take, you feel yourself becoming more deeply immersed in the journey ahead.

Begin by focusing your attention on the color red, which represents vitality and strength. Visualize a brilliant red light glowing brightly ahead of you, beckoning you forward. As you walk towards the red light, feel its energy infusing every cell of your being, filling you with strength and vitality.

As you continue along the path, you come upon the color orange, which represents creativity and joy. Visualize an expansive orange landscape unfolding before you, filled with warmth and vibrancy. Allow yourself to bask in the creative energy of orange, feeling your spirits lifting and your imagination coming alive.

Next, you encounter the color yellow, which represents clarity and confidence. Visualize a golden yellow sun shining down upon you, filling you with clarity and confidence. Allow yourself to embrace the radiant energy of yellow, feeling any doubts or insecurities melting away in its warm embrace.

Continue along the path, passing through the colors of the rainbow one by one. Feel yourself becoming more deeply connected to the healing energies and symbolism of each color, allowing them to guide you on your journey of inner transformation and spiritual awakening.

As you reach the end of the path, you find yourself bathed in a brilliant white light, representing purity and enlightenment. Visualize this white light surrounding you, enveloping you in its radiant glow. Allow yourself to surrender to the divine wisdom and guidance of the universe, knowing that you are supported and protected on your journey.

Take a moment to reflect on the insights and revelations you've received during this color visualization journey. Feel a sense of gratitude and awe for the healing power of color and the transformative journey you've embarked upon.

Carry the sense of inner transformation and spiritual awakening you've experienced through this color visualization journey with you throughout your day, knowing that you are connected to the infinite wisdom and beauty of the universe.

Chapter # 15: Theta Healing

Introduction:

Theta healing is a powerful technique that utilizes the theta brainwave state to access the subconscious mind and facilitate deep relaxation, subconscious reprogramming, and spiritual healing.

By accessing this state, practitioners can work with clients to identify and release limiting beliefs, heal past traumas, and align with their highest potential. This introduction provides practitioners with techniques for accessing the theta brainwave state and offers guidance on incorporating theta healing into hypnosis sessions for profound transformation and healing.

Additional Information:

Practitioners should educate themselves on the principles and practices of theta healing and undergo proper training and certification before incorporating these techniques into hypnosis sessions. It's essential to create a safe and supportive environment for clients to explore their subconscious mind and facilitate healing on a deep level.

Theta Brainwave Meditation for Deep Relaxation

By Rene Bastarache, CI

NOTE: Guide clients into the theta brainwave state through meditation to induce deep relaxation, stress reduction, and inner peace.

SCRIPT STARTS HERE:

As you continue to breathe deeply, imagine yourself surrounded by a soft, radiant light. This light is filled with the soothing energy of the theta brainwave state, a state of deep relaxation and inner peace.

Imagine this gentle light washing over you like a warm, comforting blanket, enveloping you in a cocoon of relaxation and tranquility. Feel the tension melting away from your body with each breath you take, leaving you feeling completely at ease and at peace.

Now, bring your awareness to the top of your head and imagine a beam of soft, golden light descending from above. This light is filled with the healing energy of the theta brainwave state, gently guiding you into a state of deep relaxation and inner stillness.

As the golden light touches the top of your head, feel it slowly traveling down through your body, relaxing and soothing every muscle and fiber along the way. Feel the tension melting away from your scalp, your forehead, your cheeks, your jaw, and your neck.

Allow the golden light to continue its journey down through your shoulders, your arms, your hands, and your fingers, releasing any remaining tension and tightness with each passing moment.

Feel the warmth and relaxation spreading throughout your chest, your abdomen, your back, and your hips, as the golden light works its magic to bring you deeper and deeper into a state of profound relaxation and peace.

Now, feel the golden light flowing down through your thighs, your knees, your calves, your ankles, and your feet, soothing and calming every part of your body until you are completely relaxed from head to toe.

Take a few moments to bask in this deep sense of relaxation and inner peace, knowing that you are safe, supported, and deeply loved.

When you feel ready, slowly begin to bring your awareness back to the present moment knowing that you can return to this meditation whenever you need to find calm and tranquility within yourself.

Subconscious Reprogramming Visualization

By Rene Bastarache, CI

NOTE: Lead clients through a visualization journey to access the subconscious mind in the theta state, facilitating subconscious reprogramming for personal growth and healing.

SCRIPT STARTS HERE:

Imagine yourself standing at the edge of a serene and tranquil lake. The water is calm and still, reflecting the clear blue sky above. As you gaze out at the lake, you feel a sense of peace and tranquility washing over you.

Take a moment to connect with this feeling of calm and relaxation, allowing it to deepen with each breath you take.

Now, visualize yourself walking along the shore of the lake, feeling the soft sand beneath your feet and the gentle breeze against your skin. As you walk, you notice a small boat waiting for you at the water's edge.

Step into the boat and allow yourself to settle comfortably into the seat. Take a moment to feel the gentle rocking motion of the boat as it begins to glide effortlessly across the surface of the water.

As you continue to drift along the tranquil waters of the lake, feel yourself entering a state of deep relaxation and inner stillness. With each passing moment, you feel yourself sinking deeper and deeper into a state of profound peace and calm.

Now, imagine yourself drifting down into the depths of your subconscious mind, like descending into the depths of the lake. As you sink deeper and deeper, you feel a sense of weightlessness and freedom, as if you are floating in an infinite expanse of space.

In this state of deep relaxation, you have access to the limitless power of your subconscious mind. Take a moment to connect with this inner

reservoir of strength and wisdom, knowing that you have the ability to reprogram your subconscious beliefs and patterns for personal growth and healing.

Now, envision yourself surrounded by a soft, golden light, representing the healing energy of the theta brainwave state. Allow this golden light to envelop you, filling you with a sense of warmth, love, and healing.

As you bask in the glow of this golden light, begin to affirm positive beliefs and intentions for yourself. Repeat these affirmations silently or aloud, allowing them to sink deep into your subconscious mind:

"I am worthy of love and abundance."

"I release all limiting beliefs and patterns."

"I am capable of achieving my dreams and goals."

"I trust in the wisdom of my subconscious mind."

"I am whole, complete, and perfect just as I am."

With each affirmation, feel the energy of the golden light amplifying and magnifying your intentions, anchoring them deeply into your subconscious mind.

Take a few moments to continue affirming positive beliefs and intentions for yourself, knowing that you are creating a powerful foundation for personal growth and healing.

When you feel ready, begin to slowly ascend back to the surface of the lake, feeling yourself rising up into the light of consciousness once again.

As you emerge from the depths of your subconscious mind, take a moment to give thanks for the healing and transformation you've experienced during this visualization journey.

When you feel ready, gently open your eyes and return to the present moment, carrying with you the sense of empowerment and possibility that comes from accessing your subconscious mind for personal growth and healing.

Spiritual Healing Theta Journey

By Rene Bastarache, CI

NOTE: Facilitate a theta healing session focused on spiritual transformation and connection, allowing clients to access higher consciousness and receive spiritual guidance and healing.

SCRIPT STARTS HERE:

I'd like you to imagine that you're standing at the entrance of a sacred and ancient temple. The air is filled with a sense of reverence and tranquility, and you feel a deep sense of anticipation for the spiritual journey ahead.

Take a moment to connect with the energy of the temple, feeling its ancient wisdom and power resonating within you.

As you step through the entrance of the temple, you find yourself in a vast and majestic hall adorned with intricate carvings and symbols. The space is illuminated by a soft, golden light, casting a warm and inviting glow over everything.

In the center of the hall, you notice a large, ornate throne surrounded by pillars of light. This is the throne of higher consciousness, a sacred space where you can connect with your spiritual guides and receive divine guidance and healing.

Take a few moments to approach the throne and make yourself comfortable. As you settle into the seat, feel yourself surrounded by a cocoon of divine light, enveloping you in its loving embrace.

Now, take a deep breath and imagine yourself entering into a state of theta consciousness, a state of deep relaxation and heightened awareness. Feel your mind becoming still and quiet, opening up to the wisdom and guidance of the universe.

In this state of theta consciousness, allow yourself to connect with your spiritual guides and higher self. Feel their presence surrounding you, offering love, support, and guidance on your journey of spiritual transformation.

Take a moment to ask for whatever guidance or healing you may need at this time. Whether it's clarity on a specific issue, healing for a past trauma, or simply guidance on your spiritual path, trust that your spiritual guides are here to support you unconditionally.

As you sit in the presence of your spiritual guides, allow yourself to receive their wisdom and healing energy. Feel their love washing over you like a warm and comforting embrace, soothing your soul and illuminating your path.

Take as much time as you need to connect with your spiritual guides and receive their guidance and healing. Know that you can return to this sacred space whenever you need support or guidance on your spiritual journey.

Physical Healing Theta Affirmations

By Rene Bastarache, CI

NOTE: Utilize theta brainwave affirmations to support physical healing and well-being, promoting the body's natural healing processes and vitality.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, imagine yourself surrounded by a soft, radiant light. This light is filled with the healing energy of the theta brainwave state, a state of deep relaxation and inner peace.

Visualize this gentle light washing over you like a warm, comforting blanket, enveloping you in a cocoon of healing and vitality. Feel the warmth and love of the theta energy infusing every cell of your body, promoting healing and well-being from the inside out.

Now, repeat the following affirmations silently or aloud, allowing them to sink deep into your subconscious mind:

My body is a temple of health and vitality, and I honor it with love and care.

I trust in the innate wisdom of my body to heal itself and restore balance.

Every cell in my body vibrates with energy and vitality, promoting optimal health and well-being.

I release any resistance or blockages to healing, allowing the natural flow of health and vitality to permeate every aspect of my being.

I am grateful for the healing energy that flows through me, restoring health, vitality, and wholeness.

I am worthy of vibrant health and well-being, and I embrace the journey of healing with love and gratitude.

I am aligned with the healing power of the universe, and I am open to receiving its limitless abundance of health and vitality.

I am surrounded by loving support and healing energy, guiding me on my path to optimal health and well-being.

I am resilient and strong, capable of overcoming any challenges or obstacles on my path to healing.

I trust in the divine timing of my healing journey, knowing that I am always supported and guided by the universe.

Continue to repeat these affirmations for as long as feels comfortable, allowing the healing energy of the theta brainwave state to amplify and magnify their power. Know that by affirming these truths, you are aligning yourself with the natural flow of healing energy and vitality that is always available to you.

Theta Healing Regression Therapy

By Rene Bastarache, CI

NOTE: Guide clients through a theta regression session to explore past experiences and traumas, facilitating healing and resolution at the subconscious level.

SCRIPT STARTS HERE:

Now, imagine yourself surrounded by a soft, radiant light. This light is filled with the healing energy of the theta brainwave state, a state of deep relaxation and inner peace.

There is a gentle light washing over you like a warm, comforting blanket, enveloping you in a cocoon of healing and protection. Feel the warmth and love of the theta energy infusing every cell of your body, preparing you for the journey ahead.

Take a few moments to set your intention for this regression therapy session. Perhaps there is a specific experience or trauma from your past that you would like to explore and heal, or maybe you simply wish to gain deeper insight into your subconscious mind.

You are stepping into a beautiful garden, surrounded by lush greenery and vibrant flowers. This garden represents the landscape of your subconscious mind, filled with memories, emotions, and experiences from your past.

As you walk through the garden, allow yourself to be drawn to a specific moment or experience from your past. Trust your intuition and allow your subconscious mind to guide you to the memory that is most relevant for your healing journey.

When you feel ready, allow yourself to fully immerse in the memory, experiencing it as if you were there once again. Notice the sights, sounds,

and sensations of the moment, allowing yourself to feel whatever emotions arise.

As you observe the memory from a place of detachment and compassion, allow yourself to gain deeper insight into its significance and meaning. Notice any patterns or beliefs that may have originated from this experience, and explore how they have impacted your life up to this point.

Now, you're surrounded by a team of loving and supportive beings, including your spiritual guides, ancestors, and higher self. Invite them to join you in the memory, offering their love, wisdom, and healing energy to support you on your journey of healing and resolution.

Together with your spiritual team, visualize yourself releasing any pain, fear, or resentment associated with the memory, allowing it to dissolve into the light of healing and transformation. Feel a sense of relief and liberation wash over you as you let go of the past and embrace the present moment with an open heart.

Take a few moments to integrate the healing and insights you've received during this regression therapy session. Know that you are supported and guided by the loving presence of your spiritual team, and that you have the power to heal and transform any aspect of your life.

Chapter # 16: Quantum Healing

Introduction:

Quantum healing explores the principles of quantum physics and how they can be applied to healing and transformation. Techniques such as quantum visualization and intention setting leverage the power of quantum mechanics to shift consciousness, manifest desired outcomes, and facilitate healing on physical, emotional, and spiritual levels.

This introduction introduces practitioners to the principles of quantum healing and offers guidance on incorporating quantum techniques into hypnosis sessions for profound healing and transformation.

Additional Information:

Practitioners should familiarize themselves with the principles of quantum physics and explore how they intersect with holistic healing modalities. It's important to approach quantum healing with an open mind and a willingness to explore new paradigms of healing and consciousness. Practitioners should also ensure clients feel comfortable and informed about quantum techniques and provide support and guidance throughout the healing process.

Quantum Visualization for Manifestation

By Rene Bastarache, CI

NOTE: Lead clients through a quantum visualization exercise to harness the power of intention and quantum principles for manifesting desired outcomes and healing.

SCRIPT STARTS HERE:

I'd like you to imagine yourself surrounded by a field of infinite potential, where all possibilities exist simultaneously. This is the quantum field, the underlying fabric of reality where thoughts, intentions, and energy converge to create the world around us.

As you tune into the quantum field, feel a sense of expansiveness and freedom washing over you. You are no longer bound by the limitations of time and space, but instead, you are connected to the limitless potential of the universe.

Take a few moments to set your intention for this visualization exercise. What is it that you wish to manifest or create in your life? Whether it's a specific goal, desire, or healing outcome, trust that the quantum field has the power to bring it into existence.

You are stepping into a scene that represents the fulfillment of your intention. It could be a future moment where your goal has already been achieved, or it could be a symbolic representation of the desired outcome.

As you immerse yourself in this scene, use all of your senses to make it as vivid and real as possible. Notice the sights, sounds, smells, and sensations of the moment, allowing yourself to fully experience the joy and fulfillment of having your intention come to fruition.

You're sending your intention out into the quantum field, like casting a pebble into a still pond. Visualize your intention rippling outwards, affecting

the fabric of reality and aligning with the universal forces that will bring it into manifestation.

As you continue to focus on your intention, feel a sense of deep trust and knowing that it is already on its way to you. Trust in the divine timing of the universe and know that everything is unfolding exactly as it should.

Take a few moments to bask in the feeling of gratitude and appreciation for the manifestation of your intention. Feel the joy and fulfillment of knowing that your desires are being effortlessly and gracefully brought into existence.

Energy Field Balancing with Quantum Healing

By Rene Bastarache, CI

NOTE: Use quantum healing techniques to balance and harmonize the body's energy field, promoting overall well-being and vitality.

SCRIPT STARTS HERE:

Imagine yourself surrounded by a field of vibrant, pulsating energy. This is your energy field, the subtle body that surrounds and permeates your physical body. Visualize this energy field as a luminous cocoon of light, extending several feet in all directions around you.

As you tune into your energy field, become aware of any areas of imbalance or blockages that may be present. Notice any areas of tension, heaviness, or discomfort, and allow yourself to become fully present with them.

You are now connecting with the universal energy field, the infinite wellspring of healing energy that permeates the cosmos. Visualize this energy flowing into your energy field, filling it with light, love, and vitality.

As you receive this healing energy, feel a sense of relaxation and peace washing over you. Notice how the energy gently penetrates every cell of your body, promoting balance, harmony, and well-being on all levels.

Now, set your intention to balance and harmonize your energy field, allowing any areas of imbalance or blockages to dissolve and release. Trust in the innate intelligence of your body and energy field to guide the healing process, knowing that you are supported and held in the loving embrace of the universe.

As you continue to receive the healing energy, visualize your energy field becoming brighter, clearer, and more vibrant with each passing moment. Feel yourself being infused with a sense of vitality and aliveness, as your energy field radiates with health and well-being.

Take a few moments to bask in the feeling of balance and harmony within your energy field. Notice how your body feels lighter, freer, and more expansive, as you align with the natural flow of universal energy.

Carry the feeling of balance and harmony you've experienced during this quantum healing session with you throughout your day, knowing that you are supported and nourished by the infinite power of the universe.

Quantum Intention Setting Ceremony

By Rene Bastarache, CI

NOTE: Conduct a quantum intention setting ceremony to align with the quantum field and set intentions for healing, transformation, and spiritual growth.

SCRIPT STARTS HERE:

Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Now, imagine yourself surrounded by a field of infinite potential, where all possibilities exist simultaneously. This is the quantum field, the underlying fabric of reality where thoughts, intentions, and energy converge to create the world around us.

As you tune into the quantum field, feel a sense of expansiveness and freedom washing over you. You are no longer bound by the limitations of time and space, but instead, you are connected to the limitless potential of the universe.

Take a few moments to connect with your heart center, the seat of your soul and the source of your deepest desires and intentions. Allow yourself to feel into the truth of your heart, trusting that it knows exactly what you need and desire at this moment.

Now, set your intention for this ceremony. What is it that you wish to manifest or create in your life? Whether it's a specific goal, desire, or healing outcome, trust that the quantum field has the power to bring it into existence.

Once you've identified your intention, take a few moments to visualize it as if it has already been achieved. See yourself living your desired reality, feeling the emotions and sensations of success, fulfillment, and joy.

Now, bring your awareness to the present moment and imagine yourself standing at the threshold of your intention. Take a deep breath and step boldly into the quantum field, knowing that you are supported and guided by the infinite intelligence of the universe.

As you stand in the quantum field, repeat your intention silently or aloud, infusing it with the power of your focused attention and intention. Feel the energy of your intention radiating outwards, rippling through the quantum field and aligning with the universal forces that will bring it into manifestation.

Take a few moments to bask in the feeling of empowerment and possibility that comes from aligning with the quantum field. Know that you have the power to create the life of your dreams, and that the universe is conspiring in your favor to bring your intentions to fruition.

Quantum Healing Matrix Activation

By Rene Bastarache, CI

NOTE: Activate the quantum healing matrix within clients' energy fields to facilitate deep healing and transformation on all levels of being.

SCRIPT STARTS HERE:

Imagine yourself surrounded by a field of infinite potential, where all possibilities exist simultaneously. This is the quantum field, the underlying fabric of reality where thoughts, intentions, and energy converge to create the world around us.

As you tune into the quantum field, feel a sense of expansiveness and freedom washing over you. You are no longer bound by the limitations of time and space, but instead, you are connected to the limitless potential of the universe.

Take a few moments to set your intention for this activation. What is it that you wish to heal or transform in your life? Whether it's physical, emotional, mental, or spiritual, trust that the quantum field has the power to bring about deep healing and transformation on all levels of your being.

Now, imagine yourself surrounded by a matrix of healing energy, pulsating with light, love, and vitality. This is your quantum healing matrix, the energetic template that holds the potential for your optimal health and well-being.

As you focus on your intention, feel the quantum healing matrix within you coming alive and activating, like a dormant seed bursting forth into vibrant life. Notice how it begins to radiate with a luminous glow, filling your entire being with its healing energy and light.

Now, imagine this healing energy flowing through every cell of your body, restoring balance, harmony, and wholeness on all levels. Feel any areas of

tension, discomfort, or imbalance dissolving and releasing, as the quantum healing matrix works its magic within you.

Allow yourself to surrender to the healing energy of the quantum field, knowing that you are supported and held in the loving embrace of the universe. Trust in the innate intelligence of your body and energy field to guide the healing process, as you continue to bask in the light of healing and transformation.

Take a few moments to soak in the healing energy of the quantum field, allowing yourself to be fully nourished and rejuvenated by its infinite power. Know that you are a beloved child of the universe, deserving of love, healing, and wholeness in every moment.

Quantum Healing Affirmations

By Rene Bastarache, CI

NOTE: Use quantum healing affirmations to reprogram limiting beliefs, align with the quantum field, and accelerate the healing process on a quantum level.

SCRIPT STARTS HERE:

I'd like you to bring your awareness to your heart center, the seat of your soul and the source of your deepest truths. Feel the gentle rhythm of your heartbeat, anchoring you in the present moment and connecting you to the infinite wisdom of the universe.

Take a few moments to set your intention for this affirmation practice. What is it that you wish to heal or transform in your life? Whether it's physical, emotional, mental, or spiritual, trust that the quantum field has the power to bring about deep healing and transformation on all levels of your being.

Now, repeat the following affirmations silently or aloud, allowing them to resonate deeply within you:

"I am a powerful co-creator of my reality, aligning with the infinite potential of the quantum field."

"I release all limiting beliefs and patterns that no longer serve my highest good."

"I am worthy of love, healing, and abundance in all areas of my life."

"Every cell in my body vibrates with health, vitality, and well-being."

"I trust in the innate intelligence of my body to heal and regenerate itself."

"I am surrounded by loving and supportive energy that uplifts and nourishes me."

"I am grateful for the healing energy of the quantum field, flowing effortlessly through me."

"I embrace the present moment with an open heart and a clear mind, knowing that I am guided and supported by the universe."

"I am a magnet for miracles, attracting positive experiences and opportunities into my life."

"I am a radiant beacon of light and love, shining brightly for all to see."

Continue to repeat these affirmations for as long as feels comfortable, allowing them to penetrate your subconscious mind and reprogram any limiting beliefs or patterns that may be holding you back.

Feel the healing energy of the quantum field infusing every cell of your being, aligning you with your highest potential and accelerating your healing process on a quantum level.

Chapter # 17: Yoga and Energy Healing

Introduction:

Yoga and energy healing are powerful practices that promote holistic well-being by integrating movement, breath, and mindfulness with energy healing techniques. Practices such as asanas (yoga postures), pranayama (breathwork), and meditation work to balance the body's energy system, promote relaxation, and enhance spiritual awareness.

This introduction explores the synergistic relationship between yoga and energy healing and offers guidance on integrating these practices into hypnosis sessions for comprehensive healing and transformation.

Additional Information:

Practitioners should encourage clients to explore yoga and energy healing practices that resonate with them and incorporate them into their daily routine. Providing resources and guidance on finding reputable teachers or classes in their area can support clients in establishing a regular yoga and energy healing practice outside of hypnosis sessions.

Energy Healing Yoga Flow

By Rene Bastarache, CI

NOTE: Lead clients through a yoga flow incorporating energy healing techniques to balance the chakras, cleanse the aura, and promote holistic well-being.

SCRIPT STARTS HERE:

Begin standing at the top of your mat in Mountain Pose (Tadasana). Ground down through your feet, lengthen your spine, and roll your shoulders back. Close your eyes and take several deep breaths, allowing yourself to arrive fully in the present moment.

As you inhale, reach your arms overhead, lengthening through your fingertips. As you exhale, gently fold forward into Forward Fold (Uttanasana), allowing your head and neck to relax. Bend your knees as much as needed to keep a comfortable stretch in your hamstrings.

On your next inhale, come halfway up to a flat back, lengthening your spine forward. As you exhale, plant your hands on the mat and step back into Plank Pose. Engage your core and keep your body in a straight line from head to heels.

From Plank Pose, lower down slowly with control, coming all the way down onto your belly. Inhale to lift into Cobra Pose (Bhujangasana), drawing your shoulders back and lifting your heart forward. Exhale to release back down to the mat.

Press back into Child's Pose (Balasana) for a few breaths, resting your forehead on the mat and allowing your spine to lengthen.

From Child's Pose, come back up to all fours and tuck your toes under. Press back into Downward Facing Dog (Adho Mukha Svanasana), lifting your hips high and pressing your heels towards the mat.

Take a few breaths here, pedaling out your feet and finding length in your spine. Visualize a bright, healing light radiating from your heart center and extending outwards through your fingertips and toes.

From Downward Facing Dog, step your right foot forward between your hands and come into Warrior I (Virabhadrasana I). Square your hips and shoulders towards the front of the mat, reaching your arms overhead and lifting your gaze towards your fingertips.

Hold Warrior I for a few breaths, feeling strong and grounded in your foundation. Visualize the energy of the earth supporting you from below, rooting you down into the ground.

From Warrior I, open up into Warrior II (Virabhadrasana II), extending your arms out to the sides and gazing over your front fingertips. Feel the energy of the cosmos expanding outwards through your fingertips, creating space and openness in your heart.

Hold Warrior II for a few breaths, feeling the strength and power of the warrior within you. Visualize a bright, healing light surrounding you, protecting you, and guiding you on your journey.

From Warrior II, straighten your front leg and reach forward, coming into Triangle Pose (Trikonasana). Extend your top arm towards the sky, feeling a deep stretch along the side of your body. Keep your gaze directed towards your top hand or down towards the ground, whichever feels best for your neck.

Hold Triangle Pose for a few breaths, feeling the energy of expansion and balance flowing through your body. Visualize your energy field expanding outwards in all directions, filling the space around you with light and love.

From Triangle Pose, bend your front knee and step back into Downward Facing Dog. Take a few breaths here, feeling the integration of energy and movement throughout your body.

Repeat the sequence on the other side, stepping your left foot forward between your hands and moving through Warrior I, Warrior II, and Triangle Pose.

After completing both sides, come back to Downward Facing Dog and then lower down onto your knees. Sit back on your heels and take a few moments to rest in Child's Pose, allowing your breath to return to its natural rhythm.

When you feel ready, slowly come up to a seated position and bring your hands together at your heart center. Take a moment to express gratitude for your practice and for the healing energy that flows through you.

Pranayama Meditation for Energy Clearing

By Rene Bastarache, CI

NOTE: Guide clients through pranayama breathing exercises to clear stagnant energy, release tension, and cultivate inner peace and clarity.

SCRIPT STARTS HERE:

Close your eyes and bring your attention to your breath. Allow yourself to become fully present in this moment, letting go of any distractions or concerns from your day.

Start by taking a few deep breaths in through your nose, filling your lungs completely with air, and then exhaling slowly through your mouth, releasing any tension or stress with each exhale.

Now, bring your awareness to your breath, observing the natural rhythm of your inhales and exhales. Notice the sensation of the breath as it enters and leaves your body, flowing effortlessly in and out like the tide of the ocean.

As you continue to breathe deeply and mindfully, begin to introduce a pranayama technique known as Nadi Shodhana, or alternate nostril breathing.

To practice Nadi Shodhana, bring your right hand up to your face and place your index and middle fingers lightly on your forehead, just between your eyebrows. Use your thumb to close off your right nostril, and your ring finger to close off your left nostril.

Begin by inhaling deeply through your left nostril, closing off your right nostril with your thumb. Once you've filled your lungs with air, close off your left nostril with your ring finger, and exhale fully through your right nostril.

Next, inhale through your right nostril, keeping your left nostril closed with your ring finger. Once you've filled your lungs with air, close off your right nostril with your thumb, and exhale fully through your left nostril.

Continue this pattern, alternating between inhaling through one nostril and exhaling through the other. With each breath, visualize any stagnant energy or tension being released from your body, purifying your energy field and leaving you feeling clear, grounded, and revitalized.

As you continue to practice Nadi Shodhana, allow yourself to sink deeper into a state of relaxation and inner peace. Notice how each breath brings a sense of clarity and calmness to your mind, allowing you to let go of any worries or distractions and simply be present in this moment.

Continue to practice Nadi Shodhana for a few more minutes, or for as long as feels comfortable for you. When you're ready to conclude the practice, take a few final deep breaths, allowing yourself to bask in the feeling of clarity and peace that you've cultivated.

Slowly begin to bring your awareness back to your body, wiggling your fingers and toes, and gently opening your eyes. Take a moment to express gratitude for this time you've dedicated to yourself and your well-being.

Meditative Asana Practice for Spiritual Healing

By Rene Bastarache, CI

NOTE: Connection: Lead clients through a meditative asana practice to deepen spiritual connection, cultivate mindfulness, and awaken inner wisdom.

[Begin by finding a comfortable and quiet space where you can practice yoga. Ensure that you have a yoga mat and any props you may need. Take a few moments to center yourself and connect with your breath.]

SCRIPT STARTS HERE:

Start by sitting in a comfortable cross-legged position on your mat, with your spine tall and your hands resting on your knees. Close your eyes and take several deep breaths, allowing yourself to arrive fully in the present moment.

As you continue to breathe deeply, bring your hands together at your heart center in Anjali Mudra, bowing your head slightly in reverence to your inner wisdom and the divine presence within you.

Set an intention for your practice, focusing on cultivating spiritual connection, mindfulness, and inner wisdom. Allow this intention to guide you as you move through the following asanas.

Begin by gently opening your eyes and stretching your arms overhead, reaching up towards the sky. Inhale deeply, lengthening through your fingertips, and exhale as you gently release your arms back down to your sides.

From a seated position, come onto your hands and knees into Tabletop Pose. Align your wrists under your shoulders and your knees under your hips. Take a few rounds of Cat-Cow Pose, moving with your breath to warm up your spine and cultivate awareness of your body's movements.

From Tabletop Pose, transition into Child's Pose (Balasana), bringing your hips back towards your heels and extending your arms forward on the mat. Rest your forehead on the ground and take several deep breaths, surrendering any tension or resistance.

From Child's Pose, slowly come up to stand at the top of your mat. Inhale as you reach your arms overhead, and exhale as you fold forward into Forward Fold (Uttanasana). Allow your head and neck to relax, and bring your hands to rest on the ground or on your shins.

From Forward Fold, inhale to halfway lift, lengthening your spine forward with a flat back. Exhale to fold forward again, releasing any tension in your hamstrings and lower back.

Step back into Plank Pose (Phalakasana), and then lower down slowly into Chaturanga Dandasana, keeping your elbows close to your body. Inhale to lift into Upward Facing Dog (Urdhva Mukha Svanasana), and then exhale to press back into Downward Facing Dog (Adho Mukha Svanasana).

Take a few breaths in Downward Facing Dog, pedaling out your feet and finding length in your spine. Visualize yourself rooting down into the earth through your hands and feet, while also reaching up towards the sky with your sitting bones.

From Downward Facing Dog, step your right foot forward between your hands and come into Warrior I (Virabhadrasana I). Square your hips and shoulders towards the front of the mat, reaching your arms overhead and lifting your gaze towards your fingertips.

Hold Warrior I for a few breaths, feeling strong and grounded in your foundation. Visualize yourself as a warrior of light, standing tall and empowered in your truth.

From Warrior I, open up into Warrior II (Virabhadrasana II), extending your arms out to the sides and gazing over your front fingertips. Feel the expansiveness and openness of your heart, as you reach outwards towards the horizon.

Hold Warrior II for a few breaths, sinking deeper into your front knee and finding strength and stability in your legs. Visualize yourself as a peaceful warrior, standing firm in your convictions and radiating love and compassion to all beings.

From Warrior II, straighten your front leg and reach forward, coming into Triangle Pose (Trikonasana). Extend your top arm towards the sky, feeling a deep stretch along the side of your body. Keep your gaze directed towards your top hand or down towards the ground, whichever feels best for your neck.

Hold Triangle Pose for a few breaths, feeling the energy of expansion and balance flowing through your body. Visualize yourself as a pillar of light, connecting heaven and earth, and embodying the qualities of strength, grace, and wisdom.

From Triangle Pose, bend your front knee and step back into Downward Facing Dog. Take a few breaths here, feeling the integration of energy and movement throughout your body.

Repeat the sequence on the other side, stepping your left foot forward between your hands and moving through Warrior I, Warrior II, and Triangle Pose.

After completing both sides, come back to Downward Facing Dog and then lower down onto your knees. Sit back on your heels and take a few moments to rest in Child's Pose, allowing your breath to return to its natural rhythm.

When you feel ready, slowly come up to a seated position and bring your hands together at your heart center. Take a moment to express gratitude for this time you've dedicated to yourself and your spiritual practice.

Yoga Nidra for Deep Relaxation and Healing

By Rene Bastarache, CI

NOTE: Facilitate a yoga nidra session for deep relaxation, rejuvenation, and subconscious healing, integrating energy healing principles for holistic well-being.

[Begin by finding a comfortable and quiet space where you can lie down flat on your back. Ensure that you won't be disturbed during the session. Take a few moments to adjust your body and settle into a comfortable position. Use pillows or blankets to support any areas of your body that need extra cushioning.]

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to relax fully into the support beneath you. Feel the ground beneath your body, supporting you with its gentle embrace. Let go of any tension or stress in your muscles, allowing them to soften and release with each exhale.

Now, bring your awareness to your breath. Notice the natural rhythm of your inhales and exhales, flowing effortlessly in and out like the gentle tide of the ocean. Allow your breath to guide you deeper into relaxation, surrendering to the present moment with each breath.

As you continue to breathe deeply and mindfully, bring your attention to the sensations in your body. Notice any areas of tension or discomfort, and with each exhale, allow them to melt away, leaving behind a sense of spaciousness and ease.

Now, set an intention for your Yoga Nidra practice. What is it that you wish to cultivate or experience during this session? Whether it's deep relaxation, healing, or inner peace, trust that your intention will guide you on your journey.

Begin to visualize yourself surrounded by a radiant sphere of healing light. This light is warm, comforting, and filled with the energy of love and healing. With each inhale, feel this light expanding and filling every cell of your body with its healing energy.

As you continue to breathe deeply, imagine this healing light flowing through your body, cleansing and purifying every aspect of your being. Feel it washing away any stagnant energy or emotional blockages, leaving you feeling light, clear, and rejuvenated.

Now, bring your awareness to the space between your eyebrows, the seat of your intuition and inner wisdom. Visualize a golden light glowing at this center, radiating warmth and clarity. With each inhale, feel this light growing brighter and more luminous, illuminating your path forward.

As you rest in this state of deep relaxation, allow yourself to surrender fully to the present moment. Let go of any thoughts, worries, or distractions, and simply be here now, basking in the healing energy of the present moment.

Take a few moments to bask in the sensation of deep relaxation and inner peace. Feel the gentle rise and fall of your chest with each breath, and allow yourself to rest in this state of profound tranquility.

When you feel ready to conclude your practice, slowly begin to deepen your breath, gradually bringing awareness back to your body and the space around you. Gently wiggle your fingers and toes, and when you're ready, slowly open your eyes.

Take a moment to express gratitude for this time you've dedicated to yourself and your well-being. Know that you can return to this state of deep relaxation and healing whenever you need to, simply by closing your eyes and tuning into your breath.

Chakra Balancing Meditation with Yoga Mudras

By Rene Bastarache, CI

NOTE: Guide clients through a chakra balancing meditation using yoga mudras to activate and align the energy centers, promoting balance and harmony within the body and mind.

[Begin by finding a comfortable seated position on your yoga mat or a cushion, with your spine tall and your hands resting on your knees. Take a few deep breaths to center yourself and prepare for the meditation ahead.]

SCRIPT STARTS HERE:

Close your eyes and bring your awareness to your breath. Allow yourself to relax fully into the present moment, letting go of any tension or stress in your body with each exhale.

Now, bring your attention to the base of your spine, the location of the first chakra known as the Root Chakra, or Muladhara. Visualize a vibrant red energy center glowing at the base of your spine, radiating warmth and stability.

Place your hands on your thighs with your palms facing down, and gently press your thumb and index finger together to form Gyan Mudra, the mudra of knowledge and wisdom. Feel the connection between your fingertips grounding you to the earth, as you focus on activating and balancing your Root Chakra.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of grounding and stability flowing up from the earth into your Root Chakra, anchoring you firmly in the present moment.

Now, move your awareness up to your lower abdomen, just below your navel, the location of the second chakra known as the Sacral Chakra, or

Svadhithana. Visualize a vibrant orange energy center glowing at this point, radiating creativity and passion.

Place your hands on your lower abdomen with your palms facing up, and bring the tips of your thumbs and middle fingers together to form Linga Mudra, the mudra of inner fire and transformation. Feel the warmth and vitality circulating within your Sacral Chakra as you focus on activating and balancing its energy.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of creativity and passion flowing freely through your Sacral Chakra, igniting your inner fire and vitality.

Now, shift your awareness to your solar plexus, just above your navel, the location of the third chakra known as the Solar Plexus Chakra, or Manipura. Visualize a vibrant yellow energy center glowing at this point, radiating confidence and personal power.

Place your hands on your solar plexus with your palms facing down, and interlace your fingers with your thumbs extended. This is Prana Mudra, the mudra of vital energy and activation. Feel the power and strength surging within your Solar Plexus Chakra as you focus on activating and balancing its energy.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of confidence and personal power expanding within your Solar Plexus Chakra, empowering you to embrace your authentic self.

Next, bring your awareness to your heart center, at the center of your chest, the location of the fourth chakra known as the Heart Chakra, or Anahata. Visualize a vibrant green energy center glowing at this point, radiating love and compassion.

Place your hands on your heart center with your palms facing up, and bring the tips of your index fingers and thumbs together to form Gyan Mudra.

This is Hridaya Mudra, the mudra of the heart. Feel the love and compassion emanating from your Heart Chakra as you focus on activating and balancing its energy.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of love and compassion expanding within your Heart Chakra, opening you to give and receive love unconditionally.

Now, move your awareness to your throat, the location of the fifth chakra known as the Throat Chakra, or Vishuddha. Visualize a vibrant blue energy center glowing at this point, radiating truth and self-expression.

Place your hands on your throat with your palms facing outwards, and gently press the tips of your thumbs against your index fingers to form Shunya Mudra, the mudra of emptiness and purification. Feel the truth and authenticity flowing from your Throat Chakra as you focus on activating and balancing its energy.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of clarity and self-expression expanding within your Throat Chakra, empowering you to speak your truth with integrity and confidence.

Next, bring your awareness to the center of your forehead, just above your eyebrows, the location of the sixth chakra known as the Third Eye Chakra, or Ajna. Visualize a vibrant indigo energy center glowing at this point, radiating intuition and insight.

Place your hands on your forehead with your palms facing inwards, and gently press the tips of your thumbs against your middle fingers to form Shambhavi Mudra, the mudra of inner vision and wisdom. Feel the intuition and insight emanating from your Third Eye Chakra as you focus on activating and balancing its energy.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of clarity

and inner knowing expanding within your Third Eye Chakra, guiding you towards greater awareness and understanding.

Finally, bring your awareness to the crown of your head, the location of the seventh chakra known as the Crown Chakra, or Sahasrara. Visualize a vibrant violet energy center glowing at this point, radiating spiritual connection and divine consciousness.

Place your hands on the top of your head with your palms facing upwards, and gently press the tips of your thumbs against your index fingers to form Mudra of Divine Consciousness. Feel the spiritual connection and divine consciousness flowing from your Crown Chakra as you focus on activating and balancing its energy.

Take a few deep breaths here, inhaling deeply through your nose and exhaling fully through your mouth. With each breath, feel a sense of oneness and unity expanding within your Crown Chakra, connecting you to the infinite wisdom and love of the universe.

Now, take a few moments to rest in this state of balance and harmony, feeling the energy centers of your body aligned and activated. Allow yourself to bask in the sensation of wholeness and completeness, knowing that you are connected to the divine flow of life.

When you feel ready to conclude your practice, slowly bring your awareness back to your breath and the sensations in your body. Gently wiggle your fingers and toes, and when you're ready, slowly open your eyes.

Take a moment to express gratitude for this time you've dedicated to yourself and your well-being. Know that you can return to this practice whenever you need to, to realign and balance your chakras, and cultivate harmony within your body and mind.

Chapter # 18: Akashic Records Reading:

Introduction:

The Akashic Records are believed to be a spiritual library that contains information about every soul's journey, past, present, and future. Accessing the Akashic Records can provide individuals with insight, clarity, and healing on a soul level.

This introduction offers practitioners guidance on accessing the Akashic Records and incorporating this profound tool into hypnosis sessions for spiritual growth and transformation.

Additional Information:

Practitioners should approach Akashic Records readings with reverence and respect for the sacredness of this spiritual practice. It's important to educate clients on the nature of the Akashic Records and what they can expect from a reading. Practitioners should also ensure clients feel comfortable and informed about the process and provide support and guidance throughout the reading.

Soul-Level Healing Journey

By Rene Bastarache, CI

NOTE: Lead clients through an Akashic Records reading and healing journey to gain insight, clarity, and healing on a soul level, addressing past traumas, patterns, and blockages.

[Begin by guiding the client into a comfortable seated position, with their spine tall and their hands resting gently on their lap. Invite them to close their eyes and take a few deep breaths, allowing themselves to relax fully into the present moment.]

SCRIPT STARTS HERE:

Take a moment to center yourself and connect with your breath. With each inhale, imagine drawing in a sense of peace and clarity, and with each exhale, release any tension or stress you may be holding onto. Allow yourself to sink deeper into relaxation with each breath, surrendering to the journey ahead.

Now, bring your awareness to your heart center, the seat of your soul's wisdom and intuition. Visualize a radiant sphere of light glowing at the center of your chest, pulsating with the energy of love and compassion. Feel this light expanding with each breath, filling your entire being with its healing warmth.

As you continue to breathe deeply, imagine a doorway appearing before you, leading you into the sacred space of the Akashic Records. This doorway represents the gateway to your soul's journey, where all of your past, present, and future experiences are stored.

Step through the doorway now, and find yourself standing in a vast library filled with ancient scrolls and books. These are the records of your soul's journey throughout eternity, containing every thought, word, and deed you have ever experienced.

Allow yourself to be guided to a comfortable reading area within the library, where you can access the records of your soul with ease. Take a moment to settle into this space, feeling the support of the loving guides and guardians who are here to assist you on your journey.

Now, set your intention for this soul-level healing journey. What is it that you wish to gain insight into or receive healing for? Whether it's past traumas, recurring patterns, or unresolved emotions, trust that the answers you seek will reveal themselves to you in divine timing.

As you focus on your intention, feel a sense of presence and awareness washing over you, as if the very essence of your soul is coming alive within you. Allow yourself to be open and receptive to the guidance and healing that is about to unfold.

Take a few moments to ask any questions you may have or seek clarity on any areas of your life that are currently challenging or unclear. Trust that the answers will come to you intuitively, through the whispers of your soul and the guidance of your spiritual allies.

Now, allow yourself to surrender to the flow of the Akashic Records, as you are guided on a journey of self-discovery and healing. Notice any images, sensations, or insights that arise within you, as they may hold valuable messages from your soul.

Allow yourself to be fully present in this moment, embracing whatever arises with love and acceptance. Know that you are supported and held in the loving embrace of the universe, and that you have everything you need within you to heal and transform.

As you come to the end of your soul-level healing journey, take a moment to express gratitude for the guidance and healing you have received. Feel a sense of peace and clarity washing over you, as you carry the wisdom of the Akashic Records with you on your journey forward.

Take a few deep breaths, allowing yourself to integrate the insights and

healing you have received, and know that you can return to this sacred space whenever you need guidance or support."

Akashic Records Affirmation Integration

By Rene Bastarache, CI

NOTE: Incorporate insights from the Akashic Records into affirmations for personal growth, healing, and transformation, aligning with soul purpose and highest potential.

SCRIPT STARTS HERE:

As you connect with your breath, allow yourself to open to the wisdom and guidance of the Akashic Records. Visualize a golden light surrounding you, filling you with the energy of divine love and wisdom.

Take a moment to set your intention for this practice. What is it that you wish to gain insight into or receive guidance on? Trust that the answers you seek will reveal themselves to you in divine timing.

Now, invite your guides and guardians from the Akashic Records to join you in this space. Feel their presence surrounding you, offering their unconditional love and support as you embark on this journey of self-discovery and transformation.

As you connect with the energy of the Akashic Records, allow yourself to receive insights and guidance that are in alignment with your soul's highest purpose and potential. Notice any images, sensations, or messages that arise within you, as they may hold valuable insights for your journey.

Take a few moments to reflect on the insights you have received from the Akashic Records. What truths have been revealed to you? What wisdom is ready to be integrated into your life?

Now, let us integrate these insights into affirmations for personal growth, healing, and transformation. Repeat the following affirmations silently or out loud, allowing their energy to resonate deeply within you:

I am aligned with my soul's purpose and highest potential.

I release all limiting beliefs and patterns that no longer serve me.
I trust in the divine timing of my life's journey.
I am worthy of love, abundance, and joy in all areas of my life.
I embrace change as an opportunity for growth and transformation.
I am supported and guided by the wisdom of my soul and the universe.
I forgive myself and others, releasing all resentment and anger.
I am connected to the infinite wisdom and love of the universe.
I am a powerful creator, manifesting my dreams with ease and grace.
I am grateful for the abundance of blessings in my life.

As you repeat these affirmations, feel their energy infusing every cell of your being, aligning you with the highest vibrations of love, healing, and transformation. Know that you have the power within you to create the life of your dreams.

Take a few deep breaths, allowing yourself to integrate the wisdom and guidance you have received from the Akashic Records."

Carry these affirmations with you throughout your day, returning to them whenever you need a reminder of your divine essence and infinite potential. Trust that you are always guided and supported by the loving energies of the universe.

Spiritual Guidance from the Akashic Records

By Rene Bastarache, CI

NOTE: Receive spiritual guidance and wisdom from the Akashic Records to support clients' spiritual evolution, soul mission, and alignment with divine purpose.

[Begin by inviting the client to find a comfortable seated position, with their spine tall and their hands resting gently on their lap. Encourage them to close their eyes and take a few deep breaths, allowing themselves to relax fully into the present moment.]

SCRIPT STARTS HERE:

As you connect with your breath, allow yourself to open to the wisdom and guidance of the Akashic Records. Visualize a golden light surrounding you, filling you with the energy of divine love and wisdom.

Take a moment to set your intention for this session. What is it that you wish to gain insight into or receive guidance on? Trust that the answers you seek will reveal themselves to you in divine timing.

Now, invite your guides and guardians from the Akashic Records to join you in this space. Feel their presence surrounding you, offering their unconditional love and support as you embark on this journey of spiritual evolution and alignment.

As you connect with the energy of the Akashic Records, allow yourself to receive spiritual guidance and wisdom that are in alignment with your soul's highest purpose and potential. Notice any images, sensations, or messages that arise within you, as they may hold valuable insights for your journey.

Take a few moments to reflect on the spiritual guidance and wisdom you have received from the Akashic Records. What truths have been revealed to you? What guidance is ready to be integrated into your life?

Now, let us integrate this guidance into your spiritual practice and daily life. Repeat the following affirmations silently or out loud, allowing their energy to resonate deeply within you:

- I trust in the divine plan for my life and surrender to the guidance of my soul.
- I am aligned with my soul's mission and purpose, and I follow the path of my heart.
- I am open to receiving spiritual guidance and wisdom from the Akashic Records, knowing that it serves my highest good.
- I honor the divine within me and recognize my unique gifts and abilities.
- I am a channel for divine love and light, and I share my gifts with the world with humility and grace.
- I release all fears and doubts that stand in the way of my spiritual growth and evolution.
- I am connected to the infinite wisdom and love of the universe, and I trust in the guidance of my higher self.
- I listen to the whispers of my soul and follow the path of my inner truth with courage and conviction.
- I am guided, supported, and protected by the loving energies of the universe, and I walk my path with confidence and faith.
- I am grateful for the spiritual guidance and wisdom that flows to me from the Akashic Records, and I integrate it into every aspect of my life.

As you repeat these affirmations, feel their energy infusing every cell of your being, aligning you with the highest vibrations of love, wisdom, and divine guidance. Know that you are always supported and guided on your spiritual journey, and that the answers you seek are always within you.

When you feel ready, gently begin to bring your awareness back to your physical body and slowly open your eyes. Take a few deep breaths, allowing yourself to integrate the spiritual guidance and wisdom you have received from the Akashic Records.

Akashic Records Past Life Regression

By Rene Bastarache, CI

NOTE: Guide clients through an Akashic Records past life regression to explore past incarnations, uncover karmic patterns, and facilitate healing and resolution.

[Begin by inviting the client to find a comfortable seated position or lie down, with their spine tall and their hands resting gently on their lap or by their sides. Encourage them to close their eyes and take a few deep breaths, allowing themselves to relax fully into the present moment.]

SCRIPT STARTS HERE:

As you connect with your breath, allow yourself to open to the wisdom and guidance of the Akashic Records. Visualize a golden light surrounding you, filling you with the energy of divine love and wisdom.

Take a moment to set your intention for this session. What is it that you wish to explore or gain insight into during this past life regression? Trust that the answers you seek will reveal themselves to you in divine timing.

Now, invite your guides and guardians from the Akashic Records to join you in this space. Feel their presence surrounding you, offering their unconditional love and support as you embark on this journey of exploration and healing.

As you connect with the energy of the Akashic Records, allow yourself to journey back through time and space to a past life that is relevant to your current journey and experiences. Trust that your soul will guide you to the lifetime that holds the insights and healing you seek.

Visualize yourself standing at the threshold of this past life, feeling a sense of anticipation and curiosity as you prepare to step into the unknown. Take a few deep breaths to center yourself, and when you feel ready, take the first step into the past.

As you enter into the past life, allow yourself to become fully immersed in the experience, observing the sights, sounds, and sensations around you with a sense of detachment and curiosity. Notice any details that stand out to you, such as your surroundings, the people you encounter, and the emotions you experience.

As you journey through this past life, pay attention to any significant events or experiences that arise, as they may hold valuable insights into your current life and challenges. Allow yourself to fully experience and process these memories, knowing that you are safe and supported by the loving energies of the universe.

If at any point you feel overwhelmed or uncomfortable, remember that you can simply observe the experience from a place of detachment, knowing that you are always in control and can return to the present moment whenever you choose.

As you come to the end of this past life regression, take a moment to reflect on the insights and healing you have received. What patterns or themes have emerged? What lessons have you learned? How can you apply these insights to your current life and journey?

When you feel ready, gently begin to bring your awareness back to your physical body, wiggling your fingers and toes, and slowly opening your eyes. Take a few deep breaths, allowing yourself to integrate the insights and healing you have received from the Akashic Records past life regression.

Carry these insights with you as you move forward on your journey, knowing that you have accessed a deeper understanding of yourself and your soul's evolution. Trust that you are always supported and guided by the loving energies of the universe.

Akashic Records Soul Retrieval Healing

By Rene Bastarache, CI

NOTE: In this Akashic Records Healing session, we will embark on a journey to retrieve lost or fragmented aspects of the soul, facilitating deep healing, integration, and alignment with the client's highest truth and potential.

[Begin by inviting the client to find a comfortable seated position or lie down, with their spine tall and their hands resting gently on their lap or by their sides. Encourage them to close their eyes and take a few deep breaths, allowing themselves to relax fully into the present moment.]

SCRIPT STARTS HERE:

As we prepare to embark on this journey of Akashic Records Soul Retrieval Healing, I invite you to connect with your breath and your inner guidance. Allow yourself to become fully present in this moment, opening to receive the healing and transformation that is available to you.

Take a moment to set your intention for this session. What is it that you wish to heal or transform in your life? Trust that your intention will guide us on this journey of soul retrieval and integration.

Now, I invite you to connect with your physical body, becoming aware of any sensations, tensions, or areas of discomfort. Notice how your body feels as you bring your awareness to different parts of your body, from head to toe.

As you connect with your physical body, allow yourself to become aware of any thoughts, emotions, or beliefs that may be present in your mind. Notice any patterns or themes that arise, without judgment or attachment.

Now, I invite you to connect with your spirit, your inner wisdom and intuition. Take a moment to tune into the guidance that is available to you from your higher self, your spirit guides, and the universe.

As we move through this session, trust that your intuition will guide us to the insights and healing that you need. Allow yourself to surrender to the process, knowing that you are always supported and guided by the loving energies of the universe.

[Take a few moments of silence to allow the client to connect with their body, mind, and spirit.]

Now, as we begin our journey into the Akashic Records, visualize yourself surrounded by a soft, gentle light, filling you with love, peace, and healing energy. Imagine yourself stepping into a sacred space, where the Akashic Records are accessible to you.

As we enter the Akashic Records, trust that the information and guidance you seek will be revealed to you. Allow yourself to explore this sacred space with an open heart and mind, knowing that you are guided and protected by the loving energies of the universe.

As we journey deeper into the Akashic Records, we will begin the process of soul retrieval. Visualize yourself surrounded by fragments of your soul, representing lost or fragmented aspects of yourself that are ready to be retrieved and integrated.

Take a moment to connect with each fragment of your soul, acknowledging its presence and its importance in your healing journey. With love and compassion, invite each fragment to return to you, knowing that you are ready to welcome them back into wholeness.

As each fragment returns to you, feel a sense of wholeness and integration within your being. Notice how your body, mind, and spirit feel lighter and more expansive with each soul fragment that is retrieved and integrated.

Take a few moments to bask in the healing and transformation that is taking place within you. Know that you are supported and guided by the loving energies of the universe, and that you have the power within you to heal and transform any aspect of your life.

Chapter # 19: Intuitive Healing

Introduction:

Intuitive healing is a holistic approach to healing that involves tapping into intuition and inner wisdom to guide healing and transformation. Techniques such as intuitive guidance, energy clearing, and channeled messages facilitate deep healing on physical, emotional, and spiritual levels.

This introduction explores the principles of intuitive healing and offers guidance on incorporating intuitive techniques into hypnosis sessions for profound healing and growth.

Additional Information:

Practitioners should encourage clients to trust their intuition and inner guidance throughout the healing process. It's important to create a supportive and non-judgmental environment where clients feel safe to explore their intuition and receive intuitive guidance. Practitioners should also ensure clients feel comfortable and informed about intuitive healing techniques and provide support and guidance as needed.

Intuitive Energy Scan and Clearing

By Rene Bastarache, CI

NOTE: Conduct an intuitive energy scan to identify energetic imbalances and blockages, followed by intuitive healing techniques to clear and balance the energy field.

[Begin by inviting the client to find a comfortable seated position or lie down, with their spine tall and their hands resting gently on their lap or by their sides. Encourage them to close their eyes and take a few deep breaths, allowing themselves to relax fully into the present moment.]

SCRIPT STARTS HERE:

As you connect with your breath, allow yourself to open to the wisdom and guidance of your intuition. Visualize a soft, gentle light surrounding you, filling you with a sense of peace and tranquility.

Take a moment to set your intention for this session. What is it that you wish to gain insight into or receive healing for? Trust that your intuition will guide you to the answers you seek.

Now, invite your intuition to guide you as you conduct an energy scan of your body and energy field. Begin by bringing your awareness to your breath, allowing it to flow naturally and effortlessly through your body.

As you continue to breathe, allow yourself to become aware of any sensations, emotions, or images that arise within you. Notice any areas of tension, discomfort, or heaviness in your body or energy field.

Trust that your intuition will guide you to the areas that are in need of healing and clearing. Allow yourself to fully experience and observe these sensations, knowing that they are simply messages from your intuition guiding you towards greater healing and wholeness.

Once you have identified any areas of imbalance or blockage, invite your intuition to guide you in clearing and releasing these energies. You may choose to visualize a stream of light or energy flowing through these areas, gently dissolving and releasing any stagnant or negative energy.

As you clear and release these energies, allow yourself to feel a sense of lightness and expansion in your body and energy field. Notice how your breath becomes deeper and more effortless, as your energy field becomes clearer and more vibrant.

Continue to breathe deeply and allow yourself to receive the healing energy of your intuition. Trust that you are always supported and guided by the loving energies of the universe, and that you have the power within you to heal and transform.

Carry this sense of clarity and balance with you as you move forward on your journey, knowing that you have the power within you to create a life of joy, abundance, and fulfillment. Trust in the wisdom of your intuition, and allow it to guide you towards greater healing and wholeness.

Intuitive Guided Visualization for Healing

By Rene Bastarache, CI

NOTE: Lead clients through a guided visualization journey facilitated by intuitive guidance, accessing inner wisdom and intuition for healing and transformation.

[Begin by inviting the client to find a comfortable seated position or lie down, with their spine tall and their hands resting gently on their lap or by their sides. Encourage them to close their eyes and take a few deep breaths, allowing themselves to relax fully into the present moment.]

SCRIPT STARTS HERE:

As you connect with your breath, allow yourself to open to the wisdom and guidance of your intuition. Visualize a soft, gentle light surrounding you, filling you with a sense of peace and tranquility.

Take a moment to set your intention for this visualization. What is it that you wish to heal or transform? Trust that your intuition will guide you to the answers you seek.

Now, invite your intuition to guide you as you embark on this visualization journey. Allow yourself to become fully immersed in the experience, trusting that your intuition will lead you to the insights and healing you need."

Imagine yourself standing at the edge of a beautiful garden, surrounded by lush greenery and vibrant flowers. Feel the warmth of the sun on your skin and the gentle breeze in your hair as you take in the beauty of your surroundings.

As you begin to explore the garden, allow yourself to notice any sensations, emotions, or images that arise within you. Trust that your intuition will guide you to the areas that are in need of healing and transformation.

Notice a pathway leading deeper into the garden, beckoning you to explore further. Follow this pathway with an open heart and mind, allowing yourself to be guided by your intuition every step of the way.

As you journey deeper into the garden, you come across a peaceful oasis, surrounded by sparkling water and majestic trees. Allow yourself to enter this sacred space, feeling a sense of peace and serenity wash over you.

In the center of the oasis, you find a shimmering pool of water, reflecting the light of the sun and the beauty of the surrounding landscape. This pool represents the healing waters of your intuition, ready to cleanse and purify you on a deep level.

Take a moment to immerse yourself in the healing waters of the pool, feeling them wash away any tension, stress, or negativity that you may be carrying. Allow yourself to surrender to the healing energy of the water, trusting that it will nourish and replenish you on all levels of your being.

As you emerge from the pool, feel a sense of renewal and transformation washing over you. Notice how your body feels lighter and more vibrant, and how your mind feels clear and focused.

Take a few moments to bask in the healing energy of the oasis, knowing that you have accessed a deep wellspring of wisdom and healing within yourself. Trust in the guidance of your intuition, and know that you have the power within you to create a life of joy, abundance, and fulfillment.

Intuitive Channeled Messages for Healing

By Rene Bastarache, CI

NOTE: Receive channeled messages and guidance from higher consciousness and spiritual guides to support clients' healing journey and spiritual growth.

SCRIPT STARTS HERE:

Imagine a soft, gentle light surrounding you, filling you with love, peace, and healing energy."

Take a moment to set your intention for this session. What is it that you wish to receive guidance or healing for? Trust that the answers you seek will reveal themselves to you through the channeled messages we are about to receive.

Now, I invite you to connect with your breath and your inner guidance. Allow yourself to become receptive and open to receiving messages from higher consciousness and spiritual guides. Know that you are surrounded by love, support, and divine guidance at all times.

As I connect with higher consciousness and spiritual guides, I will now begin to receive channeled messages for your healing journey. These messages may come in the form of words, images, sensations, or intuitive insights. Trust that whatever comes through is exactly what you need to hear at this moment."

[Take a few moments of silence to connect with higher consciousness and receive channeled messages.]

Dear [client's name], the message we are receiving for you today is one of profound love and healing. You are deeply loved and supported by the universe, and you are never alone on your journey. Trust in the divine guidance that is always available to you, and know that you have the power within you to heal and transform any aspect of your life.

You are a powerful creator, capable of manifesting your dreams and desires. Allow yourself to release any doubts or fears that are holding you back, and step into your true power and potential. Know that you are worthy of all the blessings and abundance that the universe has to offer.

As you continue on your healing journey, remember to be gentle with yourself and honor your own needs and boundaries. Take time to rest, recharge, and nourish your body, mind, and spirit. Allow yourself to receive the love and support that is available to you from the universe and from those around you.

Know that you are a beautiful and unique expression of divine love, and that your presence here on earth is a gift to us all. Trust in the journey that you are on, and know that you are always guided and protected by the loving energies of the universe.

[Take another moment of silence to allow the client to absorb the messages and integrate them into their being.]

Intuitive Body-Mind-Spirit Integration

By Rene Bastarache, CI

NOTE: Integrate intuitive insights into body-mind-spirit healing practices, promoting holistic well-being and alignment with clients' highest truth and potential.

SCRIPT STARTS HERE:

As we embark on this journey of body-mind-spirit integration, I invite you to connect with your breath and your inner guidance. Allow yourself to become fully present in this moment, opening to receive the wisdom and insight that is available to you.

Take a moment to set your intention for this session. What is it that you wish to heal or transform on a body, mind, or spirit level? Trust that your intuition will guide you to the answers you seek.

Now, connect with your physical body, becoming aware of any sensations, tensions, or areas of discomfort. Notice how your body feels as you bring your awareness to different parts of your body, from head to toe.

As you connect with your physical body, allow yourself to become aware of any thoughts, emotions, or beliefs that may be present in your mind. Notice any patterns or themes that arise, without judgment or attachment.

Now, connect with your spirit, your inner wisdom and intuition. Take a moment to tune into the guidance that is available to you from your higher self, your spirit guides, and the universe.

As we move through this session, trust that your intuition will guide you to the insights and healing that you need. Allow yourself to surrender to the process, knowing that you are always supported and guided by the loving energies of the universe.

[Take a few moments of silence to allow the client to connect with their body, mind, and spirit.]

Now, as we begin to integrate intuitive insights into our healing practices, I invite you to bring your awareness to any areas of your body, mind, or spirit that are in need of healing or transformation. Trust that your intuition will guide you to the areas that are ready to be addressed.

As you continue to breathe deeply and connect with your inner guidance, allow yourself to receive any intuitive insights or messages that may come through. These insights may come in the form of words, images, sensations, or intuitive knowing. Trust whatever comes through as being exactly what you need to hear at this moment.

Take a few moments to integrate these intuitive insights into your being, allowing them to permeate every level of your being – body, mind, and spirit. Notice how your body responds to these insights, and how your mind and spirit feel lighter and more expansive.

As we come to the end of this session, take a moment to express gratitude for the healing and insights that you have received. Trust that you are always supported and guided by the loving energies of the universe, and that you have the power within you to create a life of joy, abundance, and fulfillment.

Intuitive Self-Healing Empowerment

By Rene Bastarache, CI

NOTE: Empower clients to tap into their own intuition and inner wisdom for self-healing, self-discovery, and personal transformation, fostering self-awareness and empowerment.

SCRIPT STARTS HERE:

As we embark on this journey of intuitive self-healing empowerment, I invite you to connect with your breath and your inner guidance. Allow yourself to become fully present in this moment, opening to receive the wisdom and insight that is available to you.

Take a moment to set your intention for this session. What is it that you wish to heal or transform in your life? Trust that your intuition will guide you to the answers you seek.

Now, I invite you to connect with your physical body, becoming aware of any sensations, tensions, or areas of discomfort. Notice how your body feels as you bring your awareness to different parts of your body, from head to toe.

As you connect with your physical body, allow yourself to become aware of any thoughts, emotions, or beliefs that may be present in your mind. Notice any patterns or themes that arise, without judgment or attachment.

Now, I invite you to connect with your spirit, your inner wisdom and intuition. Take a moment to tune into the guidance that is available to you from your higher self, your spirit guides, and the universe.

As we move through this session, trust that your intuition will guide you to the insights and healing that you need. Allow yourself to surrender to the process, knowing that you are always supported and guided by the loving energies of the universe.

[Take a few moments of silence to allow the client to connect with their body, mind, and spirit.]

Now, as we begin to tap into your own intuition and inner wisdom for self-healing empowerment, I invite you to bring your awareness to any areas of your life that are in need of healing or transformation. Trust that your intuition will guide you to the areas that are ready to be addressed.

As you continue to breathe deeply and connect with your inner guidance, allow yourself to receive any intuitive insights or messages that may come through. These insights may come in the form of words, images, sensations, or intuitive knowing. Trust whatever comes through as being exactly what you need to hear at this moment.

Take a few moments to integrate these intuitive insights into your being, allowing them to permeate every level of your being – body, mind, and spirit. Notice how your body responds to these insights, and how your mind and spirit feel lighter and more expansive.

As we come to the end of this session, take a moment to express gratitude for the healing and insights that you have received. Trust that you are always supported and guided by the loving energies of the universe, and that you have the power within you to create a life of joy, abundance, and fulfillment.

Chapter # 20:

Spiritual Affirmation & Prayer

Introduction:

Spiritual affirmations and prayer can provide clients with a sense of comfort, support, and connection to something greater than themselves. For those open to spiritual practices, incorporating affirmations or prayers into hypnosis sessions can deepen the therapeutic experience and facilitate healing on a spiritual level.

These guided scripts offer clients an opportunity to align with their spiritual beliefs and tap into the power of divine guidance and assistance.

Additional Information:

Practitioners should respect clients' beliefs and preferences regarding spirituality and offer these scripts as optional components of hypnosis sessions. It's important to create a non-judgmental and inclusive environment where clients feel free to explore and express their spiritual beliefs without pressure or expectation.

Divine Healing Affirmations

By Rene Bastarache, CI

NOTE: This script guides clients through a series of affirmations that invoke divine healing energy and support from higher powers. Clients are encouraged to open themselves to receiving healing blessings and to trust in the power of divine intervention to facilitate healing on all levels of their being.

SCRIPT STARTS HERE:

Take a deep breath in, filling your lungs with healing energy, and exhale slowly, releasing any tension or stress from your body.

As we begin, I invite you to connect with the divine presence within and around you. Know that you are surrounded by infinite love and healing light.

Repeat after me, either silently or out loud:

I am surrounded by divine healing energy, flowing through me and around me, restoring my body, mind, and spirit to perfect health and wholeness.

I open myself to receive the blessings of divine healing, knowing that I am worthy and deserving of love, compassion, and grace.

I release all fears, doubts, and limitations, surrendering to the infinite wisdom and power of the divine within me.

I trust in the divine plan for my life, knowing that everything unfolds in perfect timing and alignment with my highest good.

I am a channel for divine healing energy, radiating love, light, and compassion to all beings in need.

I forgive myself and others for any past hurts or grievances, releasing all attachments and allowing healing to flow freely through me.

I am grateful for the gift of divine healing, knowing that miracles are possible and that I am always supported and guided by the divine presence within me.

Take a moment to breathe deeply and feel the presence of divine healing energy surrounding you. Allow these affirmations to resonate within your heart and soul, knowing that you are held in divine love and protection.

When you are ready, gently open your eyes and return to the present moment, carrying the healing blessings of divine love with you.

Prayer for Inner Peace and Tranquility

By Rene Bastarache, CI

NOTE: This script leads clients in a prayer for inner peace and tranquility, invoking the presence of divine love and guidance. Clients are encouraged to surrender their worries and fears to a higher power, trusting that they are held in a loving embrace and that all is well in the divine plan.

SCRIPT STARTS HERE:

Find a quiet and comfortable space where you can relax and connect with your innermost being. Close your eyes gently and take a few deep breaths, allowing yourself to settle into a state of calm and relaxation.

As we begin, I invite you to bring your awareness to the presence of divine love and guidance that surrounds you in this moment. Know that you are held in a loving embrace, and that you are supported and protected by the infinite wisdom of the universe.

Let us pray:

Divine Creator,
I come before you now with an open heart and a humble spirit,
Seeking your presence and guidance in this moment of need.

I surrender all worries, fears, and anxieties to you,
Knowing that you hold me in your loving embrace,
And that all is well in the divine plan.

Grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

Fill me with your divine light and love,
And grant me inner peace and tranquility,
That I may walk in alignment with your will,

And be a beacon of love and compassion in the world.

Thank you, Divine Creator, for your infinite blessings,
And for guiding me on my journey of spiritual growth and awakening.

Amen.

Take a moment to breathe deeply and feel the presence of divine peace and tranquility surrounding you. Allow the words of this prayer to resonate within your heart and soul, knowing that you are supported and loved beyond measure.

When you are ready, gently open your eyes and return to the present moment, carrying the peace and tranquility of divine love with you.

Affirmations for Spiritual Strength and Resilience

By Rene Bastarache, CI

NOTE: This script offers affirmations for building spiritual strength and resilience in the face of challenges. Clients are guided to affirm their inner strength, faith, and connection to divine wisdom, knowing that they have the power to overcome obstacles and emerge stronger and wiser.

SCRIPT STARTS HERE:

Take a moment to find a comfortable position, allowing yourself to relax and settle into a state of peace and tranquility. Close your eyes gently and take a few deep breaths, allowing yourself to become fully present in this moment.

As we begin, I invite you to bring your awareness to your inner strength and resilience. Know that you are a powerful and resilient being, capable of overcoming any challenges that come your way.

Repeat after me, either silently or out loud:

I am strong, resilient, and capable of overcoming any obstacles that come my way.

I trust in the wisdom of the universe and know that everything happens for a reason.

I am connected to the divine wisdom and guidance that flows through me, guiding me on my path with clarity and purpose.

I embrace challenges as opportunities for growth and transformation, knowing that each experience strengthens me and brings me closer to my highest potential.

I release all fears and doubts, knowing that I am supported and protected by the love and wisdom of the universe.

I am a powerful co-creator of my reality, manifesting my desires with ease and grace.

I am grateful for the lessons and blessings that come my way, knowing that each experience is a gift that helps me to evolve and expand.

Take a moment to breathe deeply and feel the strength and resilience flowing through you. Allow these affirmations to resonate within your heart and soul, knowing that you are a powerful and resilient being capable of achieving anything you set your mind to.

When you are ready, gently open your eyes and return to the present moment, carrying the strength and resilience of these affirmations with you.

Healing Affirmations for Soul Restoration

By Rene Bastarache, CI

NOTE: This script focuses on affirmations for soul restoration and renewal, guiding clients to connect with the healing power of their soul's essence. Clients are encouraged to affirm their inherent wholeness, purity, and divine perfection, knowing that they are always supported and guided by their soul's wisdom and love.

SCRIPT STARTS HERE:

Take a moment to find a comfortable position and allow yourself to relax completely. Close your eyes gently and take a few deep breaths, allowing yourself to become fully present in this moment.

As we begin, I invite you to connect with the essence of your soul, the eternal and divine aspect of yourself that exists beyond the physical realm. Know that your soul is pure, whole, and infinitely wise, and that it holds the keys to your healing and transformation.

Repeat after me, either silently or out loud:

My soul is a radiant beacon of light and love, shining brightly from within me.

I am connected to the infinite wisdom and love of my soul, which guides me on my journey with grace and ease.

I embrace the healing power of my soul, allowing its divine light to illuminate every aspect of my being.

I release all doubts and fears, knowing that my soul is always with me, supporting me unconditionally.

I affirm my inherent wholeness and perfection, knowing that I am a divine creation of the universe.

I am worthy of love, abundance, and joy, and I open myself to receive all the blessings that the universe has to offer.

I trust in the divine plan for my life, knowing that my soul's wisdom always leads me in the right direction.

Take a moment to breathe deeply and feel the presence of your soul's healing energy flowing through you. Allow these affirmations to resonate within your heart and soul, knowing that you are supported and guided by the infinite wisdom and love of your soul.

When you are ready, gently open your eyes and return to the present moment, carrying the healing energy of your soul with you.

Prayer for Divine Guidance and Healing

By Rene Bastarache, CI

NOTE: This script leads clients in a prayer for divine guidance and healing, inviting them to surrender their concerns and intentions to a higher power. Clients are encouraged to trust in the wisdom of divine guidance and to open themselves to receiving the healing blessings and insights they need for their journey.

SCRIPT STARTS HERE:

Find a comfortable position where you can relax and focus your attention. Take a few deep breaths, allowing yourself to center and connect with the present moment.

Close your eyes and take a moment to turn inward, tuning into the presence of divine love and guidance that surrounds you. Feel the warmth and comfort of this divine presence enveloping you, reassuring you that you are safe, loved, and supported.

As you open your heart to the divine, begin to visualize a radiant light shining down from above, bathing you in its loving embrace. This light represents the healing energy and wisdom of the divine, which is always available to you whenever you call upon it.

Now, take a moment to silently offer a prayer from your heart, expressing your intentions, concerns, and desires to the divine. Share with the divine any challenges you may be facing, any areas of your life where you seek guidance or healing, and any blessings you wish to receive.

Speak from the depths of your soul, knowing that the divine hears and understands your every word. Trust that your prayers are being received and that divine guidance and healing are already on their way to you.

As you offer your prayers, feel a sense of surrender and release wash over you, knowing that you are letting go of all worries and concerns and placing

them into the hands of the divine. Allow yourself to be held and supported by this loving presence, knowing that everything is unfolding in divine perfection.

Take a few moments to bask in the healing light of the divine, allowing its energy to flow through you, cleansing and purifying your mind, body, and spirit. Feel any burdens or tensions melting away as you surrender fully to the loving embrace of the divine.

Now, take a deep breath and gently open your eyes, feeling refreshed, renewed, and uplifted by the power of your prayer. Trust that the divine has heard your prayers and that guidance and healing are already beginning to manifest in your life.

As you go about your day, carry with you the knowledge that you are always supported and guided by the loving presence of the divine. Know that you are never alone and that divine wisdom and healing are always available to you whenever you need them.

May your prayers be answered, and may you be blessed with divine guidance and healing in all areas of your life.

Chapter #21 Pendulum Healing

Introduction:

Dowsing, also known as divining or water witching, is a technique that has been used for centuries to access intuitive guidance and information from the subconscious mind. In this session, we will use a pendulum as a dowsing tool to receive intuitive guidance and insights from our higher self and spirit guides. By asking questions and observing the movement of the pendulum, individuals can gain clarity and guidance on various aspects of their lives.

Before conducting the session, practitioners should ensure that they are in a quiet and focused state of mind. It is helpful to have a list of questions or topics that individuals would like guidance on, as well as a journal or notebook to record any insights or messages received during the session. Practitioners should also remind individuals to approach the session with an open mind and heart, trusting in the wisdom of their intuition.

Additional Information:

It is essential for practitioners to create a sacred and supportive space for pendulum healing sessions, free from distractions and interruptions. Practitioners should approach each session with an open heart and mind, trusting in the wisdom and guidance of the pendulum and the healing energies that flow through it.

Pendulum Clearing and Balancing Session

By Rene Bastarache, CI

NOTE: This script guides clients through a pendulum clearing and balancing session, where the practitioner uses the pendulum to identify and release energetic blockages or imbalances in the client's energy field. Clients are led through a series of affirmations and visualizations to restore harmony and balance to their physical, emotional, and spiritual well-being.

SCRIPT STARTS HERE:

Find a comfortable position where you can relax and focus your attention. Take a few deep breaths, allowing yourself to center and ground.

As we begin, hold your pendulum in your dominant hand, allowing it to dangle freely. Set the intention for this session to clear and balance your energy field, releasing any blockages or imbalances that may be present.

Begin by gently swinging the pendulum in a clockwise motion over your body, starting at the top of your head and moving down towards your feet. Visualize the pendulum acting as a magnet, drawing out any stagnant or negative energy from your energy field.

As the pendulum moves, repeat the following intention silently or out loud:

"I release all stagnant or negative energy from my energy field. My energy is clear, balanced, and in alignment with my highest good."

Continue to swing the pendulum over your body, focusing on areas where you feel tension or discomfort. Allow the pendulum to guide you to areas that may need additional clearing and balancing.

Once you feel that the clearing process is complete, hold the pendulum still and set the intention to balance your energy field. Visualize a beautiful, golden light radiating from the pendulum, infusing your energy field with healing and harmony.

As the pendulum remains still, repeat the following intention:

"My energy field is balanced, harmonious, and in perfect alignment with my highest good. I am filled with love, light, and positive energy."

Take a few deep breaths, allowing the energy to settle and integrate within your being. When you feel ready, gently thank the pendulum for its assistance and set it aside.

Take a moment to notice how you feel after the clearing and balancing session. Notice any sensations or shifts in your energy field, and allow yourself to fully receive the benefits of this healing practice.

When you are ready, gently open your eyes and return to the present moment, feeling clear, balanced, and revitalized.

Dowsing for Chakra Alignment

By Rene Bastarache, CI

NOTE: In this script, the practitioner utilizes dowsing techniques to assess the alignment and balance of the client's chakras. Clients are guided through a series of dowsing exercises to identify any imbalances or blockages in their energy centers and are then led in affirmations and visualizations to realign and harmonize their chakras for optimal health and vitality.

SCRIPT STARTS HERE:

Find a comfortable position where you can relax and focus your attention. Take a few deep breaths, allowing yourself to center and ground.

Hold your dowsing tool in your dominant hand, allowing it to rest comfortably. Set the intention for this session to align and balance your chakras, promoting harmony and well-being in your energy system.

As you hold the dowsing tool, visualize a radiant light emanating from it, representing the healing energy it will bring to your chakras.

Begin by gently moving the dowsing tool over your body, starting at the crown of your head and moving downward toward your feet. Allow the dowsing tool to guide you to areas where your chakras may be out of alignment or blocked.

As you move the dowsing tool, pay attention to any sensations or changes in energy that you may feel. Trust in your intuition and allow the dowsing tool to lead you to areas that may need attention.

Once you have identified areas of imbalance, hold the dowsing tool still and set the intention to align and balance the corresponding chakra. Visualize the chakra spinning freely and radiating with vibrant energy, restoring it to its natural state of harmony and balance.

As you focus on each chakra, take a moment to affirm:

"I align and balance my [specific chakra name] chakra, restoring it to its optimal state of health and vitality. My energy system is harmonized and in perfect alignment with my highest good."

Continue to work your way through each chakra, using the dowsing tool to identify and address any imbalances or blockages that may be present.

Once you have completed the alignment process, take a moment to bask in the sensation of balanced and harmonized energy flowing within you. Notice any shifts or sensations in your energy field, and allow yourself to fully receive the benefits of this healing practice.

When you feel ready, gently thank the dowsing tool for its assistance and set it aside. Take a few deep breaths, allowing the balanced energy to settle and integrate within your being.

When you are ready, gently open your eyes and return to the present moment, feeling aligned, balanced, and revitalized.

Pendulum Healing for Emotional Release

By Rene Bastarache, CI

NOTE: This script focuses on using the pendulum as a tool for emotional release and healing. Clients are guided through a process of identifying and releasing pent-up emotions or traumas stored in their energy field, allowing them to experience profound emotional release and catharsis. The session concludes with affirmations and visualizations to promote emotional healing and resilience.

SCRIPT STARTS HERE:

Find a comfortable position where you can relax and focus your attention. Take a few deep breaths, allowing yourself to center and ground.

Hold your pendulum in your dominant hand, allowing it to dangle freely. Set the intention for this session to release any pent-up emotions or emotional blockages that may be present, allowing for healing and liberation.

As you hold the pendulum, visualize a soft, gentle light surrounding it, representing the loving and healing energy it will bring to your emotional body.

Begin by gently swinging the pendulum in a clockwise motion over your heart center, the seat of your emotions. Allow the pendulum to move intuitively, following the natural flow of your emotional energy.

As the pendulum moves, imagine it acting as a conduit for the release of any emotions that may be held within your heart. Visualize these emotions being gently lifted away, leaving behind a sense of peace and clarity.

With each pass of the pendulum, affirm to yourself:

"I release any pent-up emotions or emotional blockages from my heart. I am free to express myself authentically and openly."

Continue to move the pendulum over your heart center, allowing it to guide you to areas where you may feel tension or discomfort. Trust in your intuition and allow the pendulum to lead you to emotions that are ready to be released.

Once you feel that the release process is complete, hold the pendulum still and take a moment to connect with the newfound sense of freedom and lightness within your heart.

Now, set the intention to fill the space that has been cleared with love and compassion. Visualize a warm, golden light filling your heart center, enveloping you in a cocoon of love and healing.

As you hold the pendulum still, affirm:

"My heart is open and free. I am filled with love, compassion, and forgiveness for myself and others."

Take a few deep breaths, allowing the healing energy to settle and integrate within your being. When you feel ready, gently thank the pendulum for its assistance and set it aside.

Take a moment to notice how you feel after the emotional release session. Notice any sensations or shifts in your emotional state, and allow yourself to fully embrace the healing and liberation that comes from releasing old emotions.

When you are ready, gently open your eyes and return to the present moment, feeling light, liberated, and at peace.

Dowsing for Intuitive Guidance

By Rene Bastarache, CI

NOTE: In this script, the practitioner utilizes dowsing techniques to access intuitive guidance and insights for the client's healing journey. Clients are guided through a series of dowsing exercises to connect with their inner wisdom and receive guidance on their path to healing and personal growth. The session empowers clients to trust their intuition and make decisions aligned with their highest good.

SCRIPT STARTS HERE:

Find a comfortable position where you can relax and focus your attention. Take a few deep breaths, allowing yourself to center and ground.

Hold your dowsing tool in your dominant hand, allowing it to rest comfortably. Set the intention for this session to receive intuitive guidance and insight from your higher self and spirit guides.

As you hold the dowsing tool, visualize a beam of light extending from it, connecting you to the higher realms of wisdom and guidance.

Begin by asking a question or setting an intention for the guidance you seek. This could be related to any aspect of your life, such as relationships, career, health, or personal growth.

Hold the dowsing tool still and quiet your mind, allowing yourself to become receptive to the intuitive guidance that is available to you. Trust in your inner knowing and allow the dowsing tool to respond intuitively to your inquiries.

As you begin to ask questions, pay attention to any subtle movements or changes in the dowsing tool's motion. Trust in your intuition and allow the dowsing tool to guide you to the answers that you seek.

Remember that the dowsing tool is simply a tool for accessing your own intuition and higher guidance. The true answers lie within you, and the dowsing tool serves as a bridge to help you access that wisdom.

As you receive guidance from the dowsing tool, take a moment to reflect on the messages that come through. Notice any sensations or feelings that arise within you, and trust in the wisdom that you receive.

If you feel called to do so, you can journal about your experiences or take note of any insights that come through during the session. Trust that the guidance you receive is always for your highest good and serves your soul's journey.

When you feel complete with the session, thank your higher self, spirit guides, and the dowsing tool for their assistance. Take a moment to express gratitude for the guidance that you have received.

As you go about your day, remain open and receptive to further intuitive insights and guidance that may come your way. Trust in the wisdom of your higher self and know that you are always supported and guided on your journey.

Pendulum Healing for Energy Clearing

By Rene Bastarache, CI

NOTE: This script focuses on using the pendulum for energy clearing and purification. Clients are guided through a process of identifying and releasing negative or stagnant energy from their energy field, allowing for greater flow and vitality. The session includes affirmations and visualizations to reinforce the clearing process and support the client's overall well-being.

SCRIPT STARTS HERE:

Find a comfortable position where you can relax and focus your attention. Take a few deep breaths, allowing yourself to center and ground.

Hold your pendulum in your dominant hand, allowing it to dangle freely. Set the intention for this session to clear and cleanse your energy field, releasing any stagnant or negative energy that may be present.

As you hold the pendulum, visualize a bright, cleansing light surrounding it, representing the healing energy it will bring to your energy field.

Begin by gently swinging the pendulum in a counterclockwise motion over your body, starting at the top of your head and moving downward toward your feet. Allow the pendulum to move intuitively, following the natural flow of your energy.

As the pendulum moves, imagine it acting as a magnet, drawing out any stagnant or negative energy that may be lingering within your energy field. Visualize this energy being transmuted into pure light, leaving you feeling clear, balanced, and revitalized.

With each pass of the pendulum, affirm to yourself:

"I release any stagnant or negative energy from my energy field. My energy is clear, balanced, and in alignment with my highest good."

Continue to move the pendulum over your entire body, focusing on areas where you may feel tension or discomfort. Trust in your intuition and allow the pendulum to guide you to areas that may need additional attention.

Once you feel that the clearing process is complete, hold the pendulum still and take a moment to connect with the newfound sense of lightness and clarity within your energy field.

Now, set the intention to fill the space that has been cleared with healing and positive energy. Visualize a warm, golden light filling your energy field, infusing you with vitality and well-being.

As you hold the pendulum still, affirm:

"My energy field is clear, balanced, and filled with healing light. I am vibrant, radiant, and in perfect alignment with my highest good."

Take a few deep breaths, allowing the healing energy to settle and integrate within your being. When you feel ready, gently thank the pendulum for its assistance and set it aside.

Take a moment to notice how you feel after the energy clearing session. Notice any sensations or shifts in your energy field, and allow yourself to fully embrace the revitalizing effects of this healing practice.

When you are ready, gently open your eyes and return to the present moment, feeling clear, balanced, and rejuvenated.

Chapter #22: Distance Healing

Introduction:

Derived from Reiki and other distance healing or even online healing techniques.

The guided imagery script for distance healing can be used in various ways, depending on the preferences and circumstances of both the practitioner and the person receiving the healing. Here are a few options:

Over the Phone or Video Call: The practitioner would read the script aloud while the recipient listens and visualizes the healing process.

Recorded Audio: The practitioner can record themselves reading the guided imagery script and share the audio recording with the person receiving the distance healing.

Written Script: The practitioner can provide the written script to the person receiving the distance healing, either in written or digital format. The recipient can read the script themselves and follow along with the visualization process.

Combination of Methods: Practitioners and recipients may choose to combine different methods based on their preferences and availability. For example, the practitioner could provide a recorded audio for the initial session and then follow up with live sessions over the phone or video call.

Guided Imagery for Distance Healing

By Rene Bastarache, CI

NOTE: This is a distance healing script that you can use over the phone, or online.

SCRIPT STARTS HERE:

Begin by finding a quiet and comfortable space where you can relax without any distractions. Sit or lie down in a comfortable position, allowing yourself to settle into a state of relaxation.

I'd like you to imagine yourself surrounded by a beautiful, radiant light. This light is filled with healing energy and love, and it envelops you in its warm embrace, wrapping you in a cocoon of comfort and support.

This healing light is expanding outward from your body, reaching out across time and space to connect with the person who is receiving the distance healing. See the light surrounding them, bathing them in its healing energy and love.

As you continue to breathe deeply and evenly, imagine the healing light penetrating deep into the cells of their body, gently releasing any tension, pain, or discomfort that they may be experiencing. See the light soothing their mind, calming their thoughts, and bringing them a sense of peace and relaxation.

Now, imagine sending them your intentions for healing and well-being. Visualize these intentions as golden threads of light, weaving their way into the fabric of the universe and manifesting as healing energy in their life.

With each breath, feel yourself becoming more connected to the person receiving the distance healing. Feel the energy of love and compassion flowing between you, bridging any physical distance and bringing you closer together in spirit.

As you continue to visualize this healing process, affirm to yourself:

I am sending love, healing, and positive energy to [name of recipient]. May they be surrounded by divine light and receive the healing they need. May they be blessed with health, happiness, and well-being."

Take a few moments to bask in the feeling of connection and love that surrounds you. Know that your intentions and healing energy are powerful and effective, and trust that they are making a positive difference in the life of the person receiving the distance healing.

Distance Reiki Healing Guided Script

By Rene Bastarache, CI

NOTE: This is a distance healing script you can use to heal someone even if they are not listening, watching or participating at all. It is one that resonates through the Universal Consciousness to heal wherever the client may be similar to a distance Reiki session.

SCRIPT STARTS HERE:

Close your eyes and take a few deep breaths, allowing yourself to center and ground your energy.

Imagine a bright, radiant light surrounding you, emanating from the core of your being. This light represents the healing energy of Reiki, pure and powerful, flowing through you and out into the world.

Now, bring your awareness to the person you wish to send distance Reiki healing to. Visualize them in your mind's eye, see them bathed in the same radiant light that surrounds you, enveloping them in a cocoon of love and healing energy.

This healing light is penetrating deep into their body, mind, and spirit, gently soothing any pain, discomfort, or dis-ease they may be experiencing. See the light dissolving any blockages or imbalances, restoring harmony and balance to their entire being.

As you continue to focus on the person receiving the distance Reiki healing, affirm in your mind or aloud:

"I am sending Reiki healing energy to [recipient's name]. May this healing energy surround them with love, comfort, and healing. May it penetrate deep into their being, bringing relief, restoration, and renewal."

Visualize the person receiving the healing energy, surrounded by angels, guides, and divine beings who are assisting in the healing process. See

them enveloped in a blanket of love and protection, supported and nurtured by the universe.

Continue to hold this image in your mind's eye for as long as feels right to you, allowing the healing energy to flow freely and abundantly. Trust that the Reiki energy knows where it is needed most and will continue to work its magic long after the session has ended.

When you feel ready, gently release the image and bring your awareness back to the present moment. Take a few deep breaths, thanking the universe for the opportunity to serve as a channel for healing energy.

Know that your distance Reiki healing has been sent and received, and trust that it is making a positive difference in the life of the person you have sent it to.

Energy Clearing Distance Healing Script

By Rene Bastarache, CI

NOTE: Visualize sending cleansing energy to the recipient from afar, purifying their energy field and promoting emotional and spiritual well-being."

SCRIPT STARTS HERE:

Begin by finding a comfortable and quiet space where you can relax without any distractions. Take a few moments to center yourself and connect with your breath.

Close your eyes and take a deep breath in, allowing your lungs to fill with fresh, cleansing air. As you exhale, release any tension or stress you may be holding onto, allowing it to flow out of your body and dissolve into the space around you.

Now, bring your awareness to the person you are sending distance healing to. Visualize them in your mind's eye, surrounded by a radiant light that shines with the brilliance of a thousand suns. This light is pure and cleansing, filled with the energy of love and healing.

See this light enveloping the recipient, surrounding them in a protective cocoon of energy. With each breath, feel the light penetrating deep into their energy field, gently dissolving any stagnant or negative energy that may be present.

Visualize any dark or heavy energy being lifted away from the recipient, carried off into the light to be transformed and purified. See them becoming lighter and brighter with each passing moment, their energy field becoming clear and vibrant once again.

As you continue to hold this image in your mind's eye, affirm in your heart or aloud:

"I am sending healing light to [recipient's name], cleansing and purifying their energy field. May any stagnant or negative energy be released and transformed, leaving them feeling renewed and refreshed."

Feel the energy of your intention flowing out from your heart and merging with the healing light surrounding the recipient. Trust that your energy is making a positive difference in their life, promoting healing and well-being on all levels of their being.

Take a few more deep breaths, allowing yourself to bask in the feeling of connection and love that surrounds you. When you feel ready, gently release the visualization and bring your awareness back to the present moment.

Thank the universe for the opportunity to serve as a channel for healing energy, knowing that your intentions have been heard and received. Trust that the healing process is unfolding perfectly and that the recipient is receiving exactly what they need at this time.

Guided Visualization for Emotional Healing

By Rene Bastarache, CI

NOTE: Guide the recipient through a visualization journey to identify and release emotional wounds or traumas, fostering emotional healing and inner peace. This visualization encourages the recipient to explore their emotions in a safe space, allowing them to acknowledge and release any pain or sadness they may be holding onto.

SCRIPT STARTS HERE:

Begin by finding a comfortable and quiet space where you can relax without any distractions. Take a few moments to center yourself and connect with your breath.

Close your eyes and take a deep breath in, allowing your lungs to fill with fresh, cleansing air. As you exhale, release any tension or stress you may be holding onto, allowing it to flow out of your body and dissolve into the space around you.

Now, bring your awareness to your heart center, the seat of your emotions. Visualize a glowing ball of light in the center of your chest, radiating with the energy of love and compassion.

With each breath, feel this ball of light growing brighter and more vibrant, filling your entire chest cavity with its warm and healing energy. Allow yourself to sink deeper into this feeling of love and acceptance, knowing that you are safe and supported in this space.

Now, visualize yourself surrounded by a beautiful, serene landscape. You are standing on the shore of a calm and peaceful lake, with the gentle sound of water lapping at the shore.

As you look out over the lake, you notice a small boat floating nearby. This boat represents your journey towards emotional healing and well-being.

Step into the boat and allow yourself to be carried across the water, feeling the gentle rocking motion beneath you as you move forward on your journey.

As you travel, take a moment to reflect on any emotions or wounds that may be weighing heavy on your heart. Allow yourself to acknowledge these feelings without judgment or resistance, knowing that it is safe to explore them in this sacred space.

With each breath, feel yourself releasing any pain, sadness, or fear that you may be holding onto, allowing it to be carried away by the gentle currents of the water.

As you continue to journey across the lake, visualize yourself surrounded by a beautiful golden light. This light represents the healing energy of love and compassion, wrapping you in its warm embrace and soothing away any emotional wounds or traumas.

Feel the light filling every cell of your body, restoring balance and harmony to your emotional well-being. Allow yourself to bask in this feeling of peace and wholeness, knowing that you are worthy of love and deserving of healing.

When you feel ready, gently guide the boat back to the shore and step out onto solid ground once again. Take a moment to thank yourself for embarking on this journey towards emotional healing and well-being.

As you open your eyes and return to the present moment, carry with you the feeling of love and compassion that surrounds you. Know that you have the power to heal and transform your emotions, and that you are supported every step of the way on your journey.

Holistic Wellness Visualization

By Rene Bastarache, CI

NOTE: Lead the recipient through a guided visualization to envision themselves in a state of complete well-being, encompassing physical, emotional, mental, and spiritual health. This visualization encourages the recipient to imagine themselves radiating with vitality and strength, surrounded by love and support in all aspects of their life.

SCRIPT STARTS HERE:

Begin by finding a quiet and comfortable space where you can relax without any distractions. Take a few moments to settle into a comfortable position, either sitting or lying down, and close your eyes.

Take a deep breath in through your nose, allowing your lungs to fill with fresh, invigorating air. Hold the breath for a moment, and then exhale slowly through your mouth, releasing any tension or stress you may be holding onto.

As you continue to breathe deeply and slowly, bring your awareness to your body. Feel the sensation of your breath moving in and out of your body, grounding you in the present moment.

Now, imagine yourself surrounded by a warm and gentle light, shining down from above. This light represents the healing energy of the universe, flowing freely and abundantly to support your well-being on all levels.

With each breath, feel this healing light enveloping you, penetrating every cell of your body with its warmth and vitality. Allow yourself to bask in the feeling of being surrounded by this loving and supportive energy, knowing that it is here to nurture and uplift you.

Now, visualize yourself in a state of perfect health and wellness, encompassing all aspects of your being - physical, emotional, mental, and

spiritual. See yourself radiating with vitality and strength, glowing with inner peace and joy.

Imagine your physical body as strong and vibrant, filled with energy and vitality. See yourself engaging in activities that bring you pleasure and nourishment, whether it's exercising, eating nutritious foods, or simply enjoying the beauty of nature.

Next, focus on your emotional well-being. See yourself surrounded by loving and supportive relationships, feeling connected and valued by those around you. Visualize yourself expressing your emotions freely and authentically, allowing yourself to experience joy, love, and compassion in abundance.

Now, turn your attention to your mental well-being. See yourself thinking clearly and positively, with a calm and focused mind. Visualize yourself engaging in activities that stimulate your intellect and creativity, nourishing your mind and expanding your horizons.

Finally, connect with your spiritual essence. Visualize yourself in deep communion with the divine, feeling a sense of peace and unity with all of creation. See yourself living in alignment with your highest purpose and values, guided by wisdom and intuition.

As you continue to hold this vision of holistic wellness in your mind's eye, affirm to yourself:

"I am whole and complete, in body, mind, and spirit. I am vibrant, healthy, and full of vitality. I am at peace with myself and the world around me. I am grateful for the abundant blessings of life."

Take a few more moments to bask in the feeling of wholeness and well-being that surrounds you. When you feel ready, slowly open your eyes and return to the present moment, carrying with you the vision of holistic wellness that you have created.